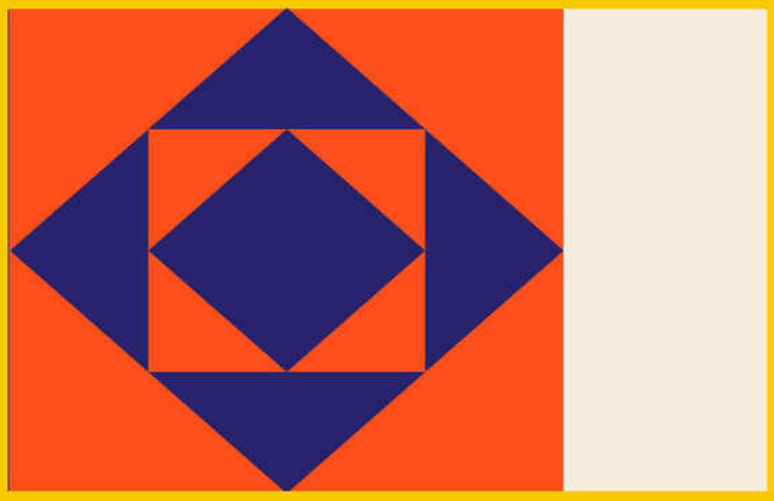
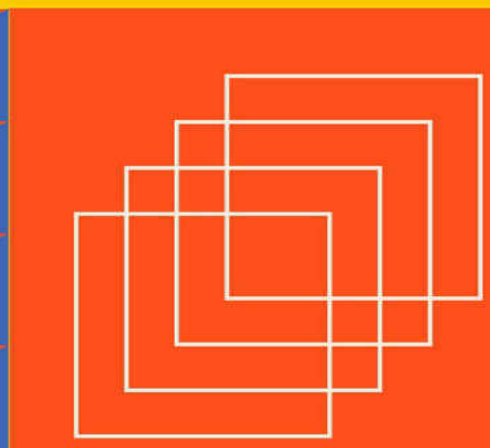


SACRED GEOMETRY

& PATTERNS OF DIVINE DESIGN



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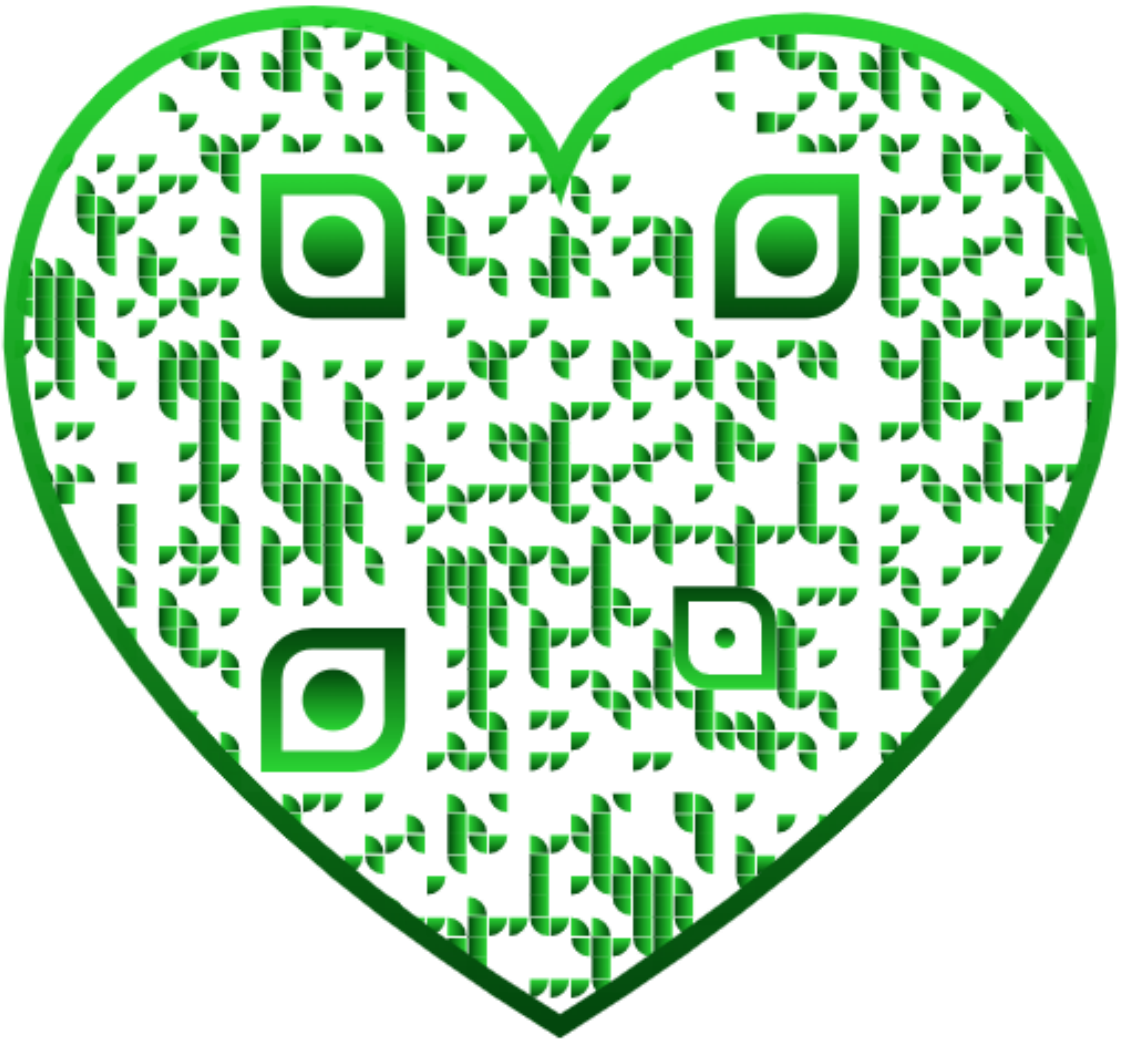

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Introduction

The harmony of the world is made manifest in Form and Number, and the heart and soul and all the poetry of Natural Philosophy are embodied in the concept of mathematical beauty.—D'Arcy Wentworth Thompson

Sacred geometry is an ancient and fascinating subject that has captured the imaginations of scholars, artists, and mystics for millennia. At its core, sacred geometry explores the relationships between geometric shapes, mathematical ratios, and the principles of the natural world. From the patterns found in flowers and crystals to the structures of sacred buildings and symbols used in spiritual traditions, sacred geometry can be seen as a universal language expressing all things' interconnectedness.

In this book on sacred geometry, we will explore the history and philosophy behind this intriguing field and its practical applications in art, architecture, and spiritual practices. We will delve into the mathematics and geometry that underpin sacred geometry, examining the relationships between shapes such as circles, squares, and triangles and more complex forms such as the Golden Ratio, the Fibonacci sequence, and the Platonic solids.

We will also explore how sacred geometry has been used throughout history, from the temples and pyramids of ancient Egypt to the Gothic cathedrals of medieval Europe and the mandalas of Tibetan Buddhism. Finally, we will consider the modern-day applications of sacred geometry, from its use in modern art and design to its potential for spiritual and personal growth.

Whether you are a student of mathematics, an artist looking to explore new forms and ideas, or a spiritual seeker searching for deeper meaning and connection, this book on sacred geometry offers a rich and fascinating exploration of one of the world's most captivating and enduring fields of study.

Sacred geometry isn’t pseudoscience. Sacred geometry is an ancient science that finds resonance in many cultures worldwide. The study of sacred geometry awakens us to the present patterns and energies. Everything we see, hear, touch, and feel reverberates with energy. You are energy.

This book will help you understand what sacred geometry is and what it constitutes. You'll learn to identify sacred patterns and symbols in your daily life. Sacred geometry will amplify your connection to the mysteries of life and help you decode your inner compass. Sacred geometry exists everywhere, and all aspects of our lives are enriched.

Understanding sacred geometry will make you more open, curious, and playful. Most of us have lost these traits as adults and sacred geometry will help you see that the Divine is always joyous, always playful. Let's begin this fascinating and powerful journey into sacred geometry.

Chapter 1: Exploring Sacred Geometry

In this chapter, we'll understand what sacred geometry is, where we can find it, and why exploring this field is essential.

Before we begin, let's understand what geometry is. The word *geometry* originates from ancient Greek, in which *geo* stands for earth and *metron* stands for measurement. It's one of the oldest branches of mathematics, and it's used to study the properties of space. Geometry helps us understand and measure different objects' shapes, sizes, angles, and relative positions. A geometer is a mathematician who studies and practices geometry.

The Greeks were responsible for popularizing geometry. Euclid was an ancient Greek mathematician known as the *father of geometry*. He lived in Alexandria, Egypt, during the 4th century BCE. He is believed to have taught mathematics at the Library of Alexandria, renowned as a center of learning in the ancient world.

Euclid's most significant contribution to mathematics is his book "Elements," which is still considered one of the most influential works in the history of mathematics. It consists of thirteen books that cover various topics in geometry, such as the properties of points, lines, angles, circles, and more complex geometric figures. "Elements" is also known for its logical organization and rigorous proofs, which set the standard for mathematical reasoning for centuries.

What is Sacred Geometry?

Sacred geometry is an ancient science that ascribes spiritual significance to specific shapes and patterns. It stems from the belief that God is the creator of the universal geometer. In other words, there is Divine will behind the structures, patterns, and shapes we see around us. Over the years, many philosophers, artists, and architects have believed in the power of sacred geometry. Not only that, but many of the greats have supposedly used these patterns, numbers, and shapes to elevate their work.

It might seem that this subject is closely related to humanities and arts, but sacred geometry wouldn't be possible without mathematics. Whether we think of the structures built using sacred geometry or how they affect design and music, mathematical precision is usually at the core of it. That can explain why the scientific community has been fascinated by this subject.

However, the question remains: Why does sacred geometry have such a huge impact on us? Why do we find ourselves drawn to these shapes and patterns? Why do both spiritual gurus and scientific thinkers nudge us into exploring this subject at a deeper level?

The truth is, these patterns don't just exist in the outside world but also within us. They exist in nature, structures, and other tangible things we see around us. At the same time, they're also a part of our DNA molecules, the cornea of our eye, and even the air we breathe. In other words, these patterns connect our mind, body, and soul to the Universe and its magic.

Where Can We Find These Patterns?

The short answer to this is everywhere. We must understand that sacred geometry hasn't been invented by human beings as much as it has been discovered and put to use by those who have been able to sense its enormous potential. We can safely say that our ancestors might have had more knowledge about sacred geometry than we do simply because of the numerous applications found in the structures and monuments of those times. Also, our ancestors were probably more deeply in touch with nature. This helped them discover patterns and make connections between seemingly different ones.

Design and Architecture

While it's difficult to pinpoint precisely which past structures were based on sacred geometry, there's enough evidence to suggest that people understood the power specific symbols wielded in architecture and construction. Structures like Stonehenge are not only a testament to the sophisticated

architectural skills of their builders but are also believed to have been built on the principles of sacred geometry. The same goes for the Pyramids of Giza. Even the most cynical among us will wonder how these structures were created at a time when we had none of the technological advancements of today.

One of the most intriguing structures in this field is known as Göbekli Tepe. Located in southeastern Turkey, it's a temple complex that is roughly 11,500 years old. To understand just how old this structure is, consider this—it's believed to have been constructed almost 6,000 years before Stonehenge. This would mean that Neolithic hunter-gatherers constructed this temple. Why is this discovery stupefying? This structure comprises T-shaped stone pillars arranged in circles up to 65 feet in diameter. The structure is intricate, and the megaliths are etched with scorpions, vultures, foxes, lions, and other symbols. The question is, how could something so complex and so rich with symbolism have been created by those who were essentially hunter-gatherers?

For most of us who believe that society, architecture, and complex spiritual and religious systems only came into being after the hunter-gatherers settled down, this site poses many challenging questions. Secondly, since the structure is exceptionally intricate, there is the question of how it was planned and built. Many researchers believe that its structures were constructed one at a time by different groups of people who might have shared the same beliefs. However, a paper was published in the *Cambridge Archaeological Journal*, positing these structures could have been built as a whole. Even though we don't have enough evidence for this, there's reason to hope that the complex's builders could envision and implement a cohesive architectural structure. This could even mean that some diagram or schematic drawing was used as a reference for the same (Haklay & Gopher, 2020).

Thirdly, researchers have tried to analyze the underlying architecture of the complex, and some of the findings have intrigued them. For example, three of the structures in the complex might have been designed to form a near-perfect triangle. Again, it's widely believed that the use of geometry to build floor plans for structures didn't occur until agriculture and settlements had become common. However, this structure might challenge that notion as well. While we don't have most answers concerning this structure, it offers us a glimpse

into the world of sacred geometry. It seems that the use of geometry to establish ideological and spiritual beliefs started long ago.

Regarding religions, Islam has adopted sacred geometry with enthusiasm and to brilliant effect. Usually, circles and squares are used to create overlapping patterns that interact with each other to form complex and beautiful designs. These are found everywhere, from the *Quran* to mosques to all Islamic art and architecture forms. It's believed that since Islam doesn't allow the worship of idols (seen in most other religions), the use of sacred geometry has allowed the designers to connect to the Divine profoundly. Not only do these designs evoke awe, but they also help worshippers find themselves connected to the energy of the Creator.

Christianity has also adopted sacred geometry in various forms. In some cases, this manifests as floor plans with Latin cross patterns, seen in medieval European cathedrals and churches. Triangular windows are also commonly believed to signify the Holy Trinity. With time, common shapes such as circles and triangles have taken precedence over more intricate forms. For one, the triangle is supposed to hold immense value in different spiritual schools of thought. On the other hand, the circle is thought to represent nature, which is also connected to spirituality.

Apart from these two religions, sacred geometry has been a part of many other religious and spiritual beliefs. Hinduism and Buddhism have given special significance to specific shapes and patterns, especially the *mandala*, in constructing their sacred structures and meditative practices. In Judaism, the *Sefirot* or *Tree of Life* holds great significance. The same is true for ancient Mayan and Celtic traditions.

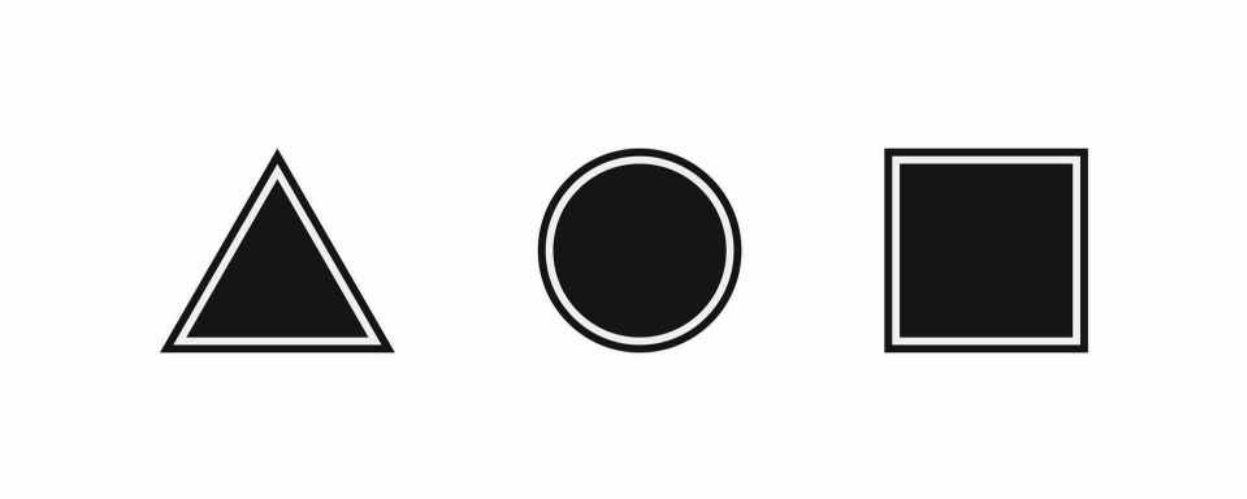
Nature

In nature, we see numerous examples of sacred geometry. If you want to experience firsthand the handiwork of God, you only need to look around you. Whether you look at plants, flowers, or trees or observe the complex structures in the animal and plant kingdom (like beehives), you can see how different patterns repeat themselves throughout nature. One of the most fascinating aspects of sacred geometry in nature is its presence in the most minor and significant elements.

If galaxies in the universe show repeating patterns, similar patterns can be found in the most petite shells and delicate snowflakes. Not only that, but the human body itself carries this blueprint of creation within itself. In nature, we see sacred geometry's tangible and intangible elements come together to perform a mesmerizing dance. This dance not only enchants our senses but also deeply enriches our souls.

In later chapters, we'll go into greater detail regarding sacred geometry in creation and nature. Let's familiarize ourselves with some familiar symbols in sacred geometry.

Common Symbols in Sacred Geometry



While there are numerous shapes and patterns in sacred geometry, some of them highly intricate, there are some common shapes that form the basis of many symbols. In this section, we'll discover the spiritual significance of these shapes.

Triangle

When we think about the ubiquitous presence of triangles in our world, we're urged to think about their spiritual significance in our lives. After all, a triangle is present in many structures of religious and spiritual significance.

For example, the Pyramids of Giza are triangular in shape. In Hinduism, the space between our eyebrows houses our *third eye*, also known as the *Ajna chakra*. This is also triangular in shape. Various other traditions believe this symbol to be the *Eye of Providence*. It's clear that a triangle is a powerful symbol, but what exactly does it signify?

An upright triangle can signify the raising of our consciousness. In terms of alchemy, an upright triangle symbolizes fire. Fire symbolizes emotions like love, hate, compassion, anger, jealousy, and empathy. It's also related to our spiritual ambitions. If we want to raise our consciousness, connect more deeply with the Divine, and understand how ascension after death works, this symbol carries much information we might need on our journey.

An inverted triangle, on the other hand, is a symbol of water, feminine energy, and flow. Since this shape is closely related to the womb space of a female, it signifies reproduction and femininity. It's also related to intuition (a virtue that most females are said to possess) and the unconscious mind.

In his 1990 book, Mihaly Csikszentmihalyi introduced us to the concept of flow. In this state, we focus all our attention on the task. Not only are we wholly immersed in what we're doing, but we're feeling happy doing it. So much so that we lose time while doing what's in front of us. This is a state of flow, and it's the most aspirational state for anyone who wants to do excellent work, but especially for artists and creative people. Therefore, since the inverted triangle induces flow, it's also responsible for an increase in harmony, creativity, and happiness.

In many ways, triangles also symbolize balance. We all need balance in our lives, and a triangle is said to balance our three elements of being through its three sides. This also helps in achieving enlightenment. For example, the past, present, and future can be harmonized using a triangle. In the same way, our body, mind, and spirit can also be balanced. We talk about the Father, Son, and Holy Spirit in the Holy Trinity. When we talk of growth, health, or healing, we must pay attention to our physical, mental, and emotional health. This is also why the triangle is said to be closely related to the spiritual number three.

Different religions and spiritual practices ascribe more or less similar meanings to this shape. One of the most powerful aspects of a triangle might

be its versatility.

Circle

Another symbol that can be found almost everywhere around us is the circle. It has various meanings since it's a part of many cultures and traditions. For one, circles don't have a beginning or an end. This means that they signify an infinite loop. Think about this in terms of creation and the cycles of life. Many religions believe that death isn't an end but the beginning of yet another stage in our soul's journey.

In the same way, when we see the water or nutrient cycles that are so important for our survival, we see how each stage in the cycle feeds another. This way, we receive the message that everything in our lives is fed by everything else. We cannot exist in isolation, nor should we.

It's also believed that *pi*, the ratio of the circumference to the diameter of a circle, is also related to the infinite property of a circle. Since pi is an irrational number that never repeats itself and goes on and on, it further impresses on us the never-ending nature of the circle and our lives.

Zen Buddhists believe that a circle signifies enlightenment, while the Chinese think that the circle represents the heavens. This makes sense because the circle is almost always thought to represent the Sun, and most spiritual schools believe that the Sun is a symbol of power, positivity, clarity, and life. Since the Sun makes life on Earth possible, it's a powerful symbol. According to the Pythagoreans, the sun symbolizes indivisibility, oneness, and unity. A circle is also a symbol of protection for everything within its boundary.

Square

The square is another symbol that forms the basis for sacred geometry. It represents the number four and is seen as a symbol of the physical world. The number four stands for stability, dependability, and practicality. It is also seen as a signifier of loyalty and intelligence. When a square acts as a base for a structure, it helps ground the structure and make it safe.

While a circle represents limitlessness, a square stands for direction and orientation. The four compass directions can be related to the square's four sides. Additionally, since all four sides of the square are equal, it signifies balance, logic, law, and order. In other words, the energy of the square can help us achieve success in the material world.

It might seem that the fixed nature of the square doesn’t allow for imagination and exploration. However, this doesn’t mean it’s antithetical to a spiritual life. Certain Eastern religions, such as Taoism, Buddhism, and Hinduism, understand the importance of a square in achieving higher consciousness. For one, it’s impossible to be spiritually exalted without having the grounding provided by the square. Secondly, the space between the square's four sides can also be seen as making space for spirituality and heightened awareness.

Sacred Geometry and Energy

The connection between geometric shapes and energy has always intrigued researchers. For example, we know that a string instrument would emit a different sound frequency based on its length. The same goes for an antenna; its length or size can affect the frequency of the electromagnetic wave it receives or emits.

However, a few interesting questions are, “How can geometry affect the energy of the Universe or that of our bodies or souls? Do different shapes carry different kinds of energies? Do their energies affect our energies?”

Ancient civilizations have always believed this is true, and specific researchers and philosophers have tried to investigate these connections further. For example, in 1975, Jean de la Foye published a book called *Ondes de Vie, Ondes de Mort* (translated to Waves of Life, Waves of Death). In this book, he spoke of *shape waves*, energies all geometric objects produce. Interestingly, the frequency of this energy doesn’t depend on the object's size but on its shape and orientation.

This means that each shape carries a different vibration within itself, and each vibration has a different effect on us. Some of these effects can be healing,

while others can be destructive. At a deeper level, our bodies also carry different geometric shapes (and, therefore, energies), which profoundly affect our physical, mental, and spiritual health.

Subtle Energy

According to various ancient practices and teachings, we have a physical and an astral body. Sometimes known as the *light or subtle body, this body contains elements of physical and spiritual energy*. According to a paper published in the *International Journal of Yoga*, most Energy Medicine depends on the characteristics of the subtle body. The reason for calling it the subtle body is that the energies of this body might not be directly measurable. While there are some indirect ways of doing so, through acupuncture instruments or Kirlian photography, there is a need for more in-depth research in this aspect (Srinivasan, 2010).

In a later chapter, we'll discuss these energies in greater detail. Still, for now, it's essential to understand that our bodies carry potent energies that considerably impact us. This energy, also known as *chi* or *prana*, is related to the function of different organs within our bodies. Most alternative therapeutic practices help us balance our subtle energies.

This energy system affects our physical and mental health, imagination, and consciousness. Let's go back to the triangle. We know that a triangle symbolizes balance, but did you know that the energy system in your body also contains triangles? According to Hindu beliefs, we have two equilateral triangles within us—a downward-facing triangle above and an upward-facing one below. They are said to meet just above our heart chakra (more on chakras later).

It's believed that when these two are in alignment, you can utilize the power of your imagination to the fullest. To achieve your truest potential and manifest your dreams, you should try to align these triangles in such a way that they form a six-pointed star. This reminds me of the Star of David, a Jewish symbol of immense significance in spiritual traditions.

At this point, these synchronicities across traditions are not a coincidence. When we see the same patterns repeat themselves in different cultures and

practices, our bodies, and the world around us, we're told that everything is connected.

There's a lot about our bodies and energy systems that we've yet to understand fully, but suffice it to say that these discoveries have a lot of ramifications in our spiritual and material lives.

The interplay between geometry and energy isn't simply something that we study and forget about. A growing body of researchers, philosophers, and scientists is actively trying to use the principles of energy bodies in various applications. Most notable among them is Dr. Ibrahim Karim, an Egyptian architect who has extensively studied how sacred geometry can affect the energy of our bodies and our interaction with the environment around us.

In 2016, he published *BioGeometry Signatures*, which results from more than 45 years of research on the subject. He and his team have patented the science behind his practice. These signatures are 2D or 3D shapes that are supposed to be placed in a way that aligns with the energy grid of the earth. Not only is the practice helpful in balancing our internal energy systems, but also in living harmoniously with the natural world.

Benefits of Learning Sacred Geometry

Sacred geometry is a vast field of study, and it takes dedicated effort to understand its concepts. More importantly, you need to put these concepts into practice to experience the numerous benefits associated with them. Initially, it seems overwhelming, especially since you need to let go of old ways of perceiving the world. Though awakening to new paradigms of existence, the world we live in is still wary of beliefs that challenge what we are accustomed to. When you begin this journey, you might find your thoughts, language, and routines changing to reflect your growth. In this, you might find yourself feeling lonely.

The initial few steps are usually the most difficult, especially if the path you're on is a spiritual one. During this period, it helps to remember the many blessings that await us as we progress on this journey.

Improvement in Mental Health

Let’s face it—we’re undergoing a collective mental health crisis at the moment. One might argue that this has been happening for a while, and we’re only just beginning to see its devastating effects on humanity. Many of us suffer from issues such as anxiety, depression, and addiction because we find ourselves following toxic patterns. More often than not, we’re unaware of these patterns or their effects on our mental health.

One of the ways therapy helps us is making us aware of our harmful beliefs and patterns. Since sacred geometry is all about recognizing patterns, it can be extremely helpful in helping us recognize our outdated modes of thinking. Most of us hold on to views and behaviors that no longer serve us, and sacred geometry can help highlight these issues.

Moreover, these practices can even help us eliminate our problematic patterns. Since we can influence our energy body by understanding sacred geometry, we can change how we deal with situations. This is especially helpful in a world where most things we face are out of our control. This helps us become less anxious in a turbulent world and improves our mental health.

Improvement in Physical Health

Since sacred geometry is intricately linked to our bodies, it can also profoundly affect our physical health. This is more obvious in some ways than others. For example, when we spend time in nature and recognize the various patterns that manifest in the world around us, our physical and mental health dramatically improves. Additionally, specific spaces make us feel more energetic and happier than others. Why do we feel stronger and more vital in some places and fatigued in others? This is because the shapes and energies around us can affect us physically.

Also, since the exact blueprint of the universe also exists within us, we can use our knowledge of these patterns and rhythms to create better hormonal balance, revitalize our internal organs, and even rejuvenate ourselves at a cellular level. The effect that this can have on our health is tremendous. This

is also why medical practitioners increasingly espouse the benefits of a holistic mind-body practice for our overall health.

Improvement in Emotional Health

We're only now beginning to realize how deeply emotional, physical, and mental health are linked to each other. One of the significant ways we can improve our emotional health is by healing our past wounds and trauma. When we face a traumatic experience, especially as children, our mind tries to help us by blocking our pain. We want to forget rather than confront our wounds because revisiting the trauma seems like a traumatic experience in itself. We don't know where to start, even if we want to heal.

An essential aspect of this healing process is linked to our *inner child*. The inner child is a part of our subconscious mind that stores a lot of emotions and thoughts from a time when we weren't ready to process them. Many experiences we have as children are forgotten to us, even as they profoundly affect who we become as adults. Our inner child is usually a stranger to us, which means it takes a long time for us to be reacquainted with them.

Our inner child carries messages related to not only our past wounds and trauma but also our future dreams and aspirations. When our lives become about survival, we forget what truly makes us happy. We also forget who we are and what we stand for. Can knowledge and practice of sacred geometry change all that? As it turns out, it can.

Sacred geometry is an inherent part of us. All we need to do is awaken to this reality. When we begin noticing patterns around us, we also recognize ourselves as a part of these patterns. We begin understanding our true essence and get reacquainted with our inner child.

The most crucial aspect of working with sacred geometry is that it shows us answers we've already held within us. Our insights aren't external but deep-seated ones that we're only beginning to uncover. The same goes for any issues we might have had for years. As we begin to let go of the different toxic frequencies we've held onto for a long time, our emotional health improves, and we begin to lead genuinely healthy and happy lives.

There are different ways in which you can begin your healing process. You

can meditate on different shapes, colors, and sounds; you can create crystal grids that help you feel more protected, energized, and empowered; and you can use different kinds of healing, such as chakra healing, to align your body, mind, and spirit in an unprecedented manner.

Balance and Harmony

You must have heard how important it is to create balance. We yearn for this elusive harmony without getting even one step closer. Well, sacred geometry is all about balance. For one, you realize (maybe for the first time) that everything is connected. In a world that seems isolating, this is a blessing. We become more grateful and humble when we see ourselves not as people struggling to make sense of the world alone but as beings connected to the web of life.

When comforted and cared for, we don't view everything as a competition. Instead, we begin to find opportunities for collaboration and community. We don't revel in extremes but instead look for ways to enjoy everything more wisely. Most importantly, we don't try to exploit nature anymore. This is because we realize that the world doesn't revolve around us. Once we start seeing the magnificence of nature and the magic in the most miniature plants and animals, we consider ourselves fortunate to be a part of this dance of creation. This life isn't just more balanced but also more magical.

Realizing Our Spiritual Purpose

Spiritually enlightened people usually see the material world for what it is—an illusion and a trap. Most of us go through life without realizing this—those of us still struggle with freeing ourselves from this trap. We go from one day to another, trying to sustain ourselves and our families and never really living up to our true potential. This is because we see ourselves solely as humans on a material plane rather than spiritually. Sacred geometry helps us get reacquainted with our true divine nature.

A deep understanding of these patterns opens us up to the wisdom that is an inherent part of the universe. These patterns act like codes that are also part of our inner realm. In other words, these symbols help us unlock a higher

level of consciousness within ourselves. When we understand that everything, including us, is a part of the *sacred architecture* of the universe, we begin to understand our origins as spiritual beings. For the first time, we know who we are, where we come from, and where we're going. Everything starts to make sense when we align ourselves to our true path.

We've also seen how sacred geometry is connected intricately to energy and vibrations. These vibrations are robust and can help us heal and transform our lives. Learning to use these energies allows us to consciously lead a more spiritual life. We can initiate a phase of spiritual awakening in which our souls vibrate at a higher frequency. When this happens, we find it easier to dissociate from negativity and despair and become more open to the universe's gifts.

What happens during a spiritual awakening? Let me begin by saying that this isn't an easy process. It can be extremely trying and tiring at times. This is a phase during which you finally release everything you don't need on this new path. While this is a good thing, in the long run, it can be challenging in the beginning. After all, this is a move away from familiarity and comfort. We don't like to change the status quo unless we have no other option.

You'll feel a heightened sense of intuition once you let go of your old patterns. This means that you'll become more sensitive to energies and auras around you, you'll begin to notice signs and synchronicities and open yourself up to messages from the Divine. You might find yourself overwhelmed and confused at the beginning of this journey. However, with time, you'll learn to trust yourself and believe that the Divine has a plan for you. Ultimately, you will recognize your true mission on Earth and do everything possible to achieve it.

We've seen the many benefits that come with understanding sacred geometry. However, we should keep a few things in mind before we begin. For one, as magical as sacred geometry can be, it takes time for its effects to show in our lives. Not only that, but you need to dedicate time and effort to understanding the meaning behind various symbols. Therefore, you need to be patient during the journey.

Secondly, while these tools are extremely useful in helping you improve your life, certain practices should be done with the help of a guide or advanced

practitioner. This is especially true at the beginning of our journey. Thirdly, since sacred geometry works with energies, it is exceptionally potent in caring for your mental, emotional, and physical health. However, you should consult a doctor or therapist before you change your medication or begin a new regimen. Since these are holistic practices, it’s advisable to balance traditional and alternative healing methods as much as possible.

Chapter 2: The Creation Blueprint

Many philosophers, mystics, and spiritual leaders believe that sacred geometry underlies all creation. In this chapter, we will follow this creation process through different symbols and patterns.

The Source

God, or the Divine Being, is the source of all creation. In the beginning, there was nothing. Where did it all start? According to sacred geometry, God is depicted as a dot or a point. Just as a point can be a source for a line and other shapes in geometry, so is a dot representing God, the ultimate source of life and creation. All shapes, especially those that form the basis of creation, such as circles and spheres, have their center as the point.

Moreover, each measurement either begins at a point or passes through it. When you draw a line, you connect the beginning and end points. When you draw a circle, you return to the point you started from.

In this way, not only does a point signify the source of creation, but it also tells us about the cyclic nature of creation. When we look at Hindu mythology, we see similar beliefs. Since nothing can be constructed without the point at the center, including the circle's spiritual universal shape and the square's material shape, the point is symbolic of the formless Divine. In sacred geometry, the circle is said to represent the Divine Feminine energy, while a straight line represents the Divine Masculine energy. A point represents the soul of the Universe, which is reflected in our souls. Here, the male form (Shiva) and the female form (Shakti) come together.

Think of it in this way. When the world was being created, God was the creator and the sole witness of the process. This witness is the Divine soul. In the same way, the dot or point is the witness of all divine creation.

The Space

Now that we have the source, we need to create a space that will allow shapes to be formed. This space is created by emanating waves or beams of equal length from the point. Since everything is related to energy and frequency, these waves symbolize the formation of awareness. Where there was nothing but a point earlier, we now have a cosmic awareness that extends in six different directions—top, bottom, front, back, and two sides. This helps in orientation and location. It's believed that everything in our universe is essentially a wave, and the only difference lies in the length and pattern of each wave.

We can now locate points and draw shapes using coordinates in space. You can now imagine the point being able to create different shapes around its center.

The first shape that the point creates around itself is the circle. We have discussed the symbolism of the circle in the last chapter. Here, we can see how the circle forms the basis of creation. There is something else that we should pay attention to. Since the circle created here exists in space, it isn't 2D. More accurately, it is a sphere.

The Sphere

A sphere carries within itself all the properties of a circle but in an enhanced form. After all, life as we know it exists in three-dimensional space. A sphere might seem simple, but it forms the basis of everything to follow. In a way, a sphere is a container. What do I mean by that? The sphere can hold other life forms within it (much like a womb). It is a perfect symbol because all measurements are equal in it. It is a complete symbol, whole within itself. This kind of perfection is what gives rise to other symbols of creation.

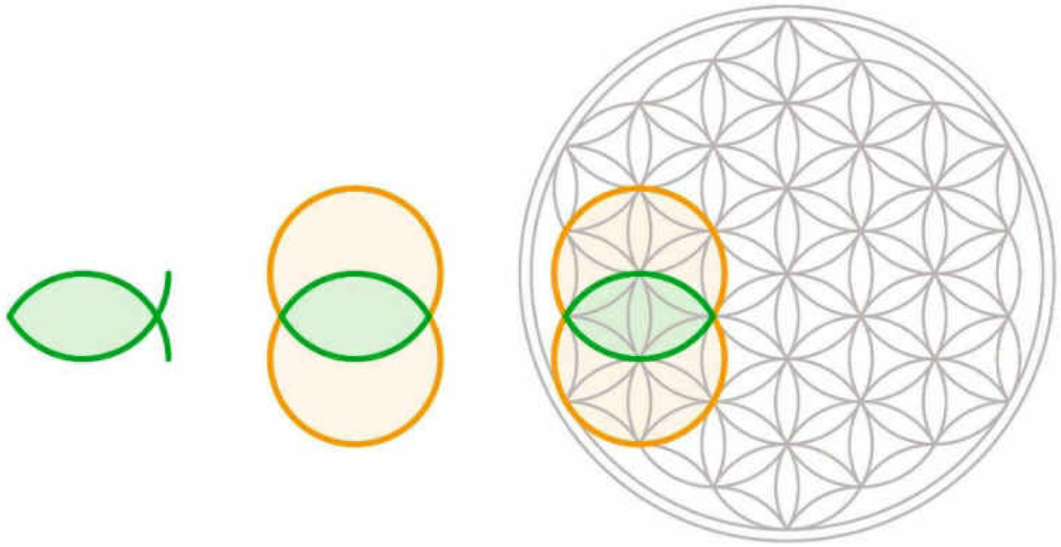
According to the Greeks, the sphere was called the monad, which comes from the root words *menein* (to be stable) and *monas* (oneness). It symbolized both stability as well as the interconnectedness of things. As the basis of

everything, a monad is the unit from which all material properties come into being—no wonder the sphere has been referred to as the foundation, seed, and essence of creation.

You only have to look at the most essential shapes around us to find more evidence of this perfection. The Earth, which holds and nurtures us and all other life forms, is a sphere. Most seeds, which give rise to different plant forms and form the basis of nature, are spherical in shape. Atoms, which form the basis for all material forms in the world, including our beautiful bodies, are spheres. These are not coincidences. This universe tells us to look closer and celebrate what often goes unnoticed.

Another fundamental shape that forms the basis of creation is the spiral. We will discuss this shape in detail when discussing sacred geometry in nature. Let's now look at the various stages of creation in terms of sacred geometry.

Vesica Piscis



After the first sphere is created, a second identical sphere is formed. When these two spheres overlap, they form a fish shape called the *Vesica Piscis*. Another theory of the beginning of creation believes that God first created an octahedron, a shape with six vertices, eight faces, and 12 edges. It's said that when God spun this shape on its axis, it formed a sphere. This sphere—which

contains everything—also held His consciousness. That was when another identical sphere was created, and the Vesica Piscis was formed.

So much of sacred geometry is about balance and harmony. The world as we see it is whole of opposites. We tend to focus on these polarities rather than the unity that exists between all of us. The Vesica Piscis shows us both the polarity between different elements and the connection between them. All energies—whether male or female, hot or cold, light or dark, electric or magnetic, south pole or north pole—are connected by their centers (as symbolized by the two spheres).

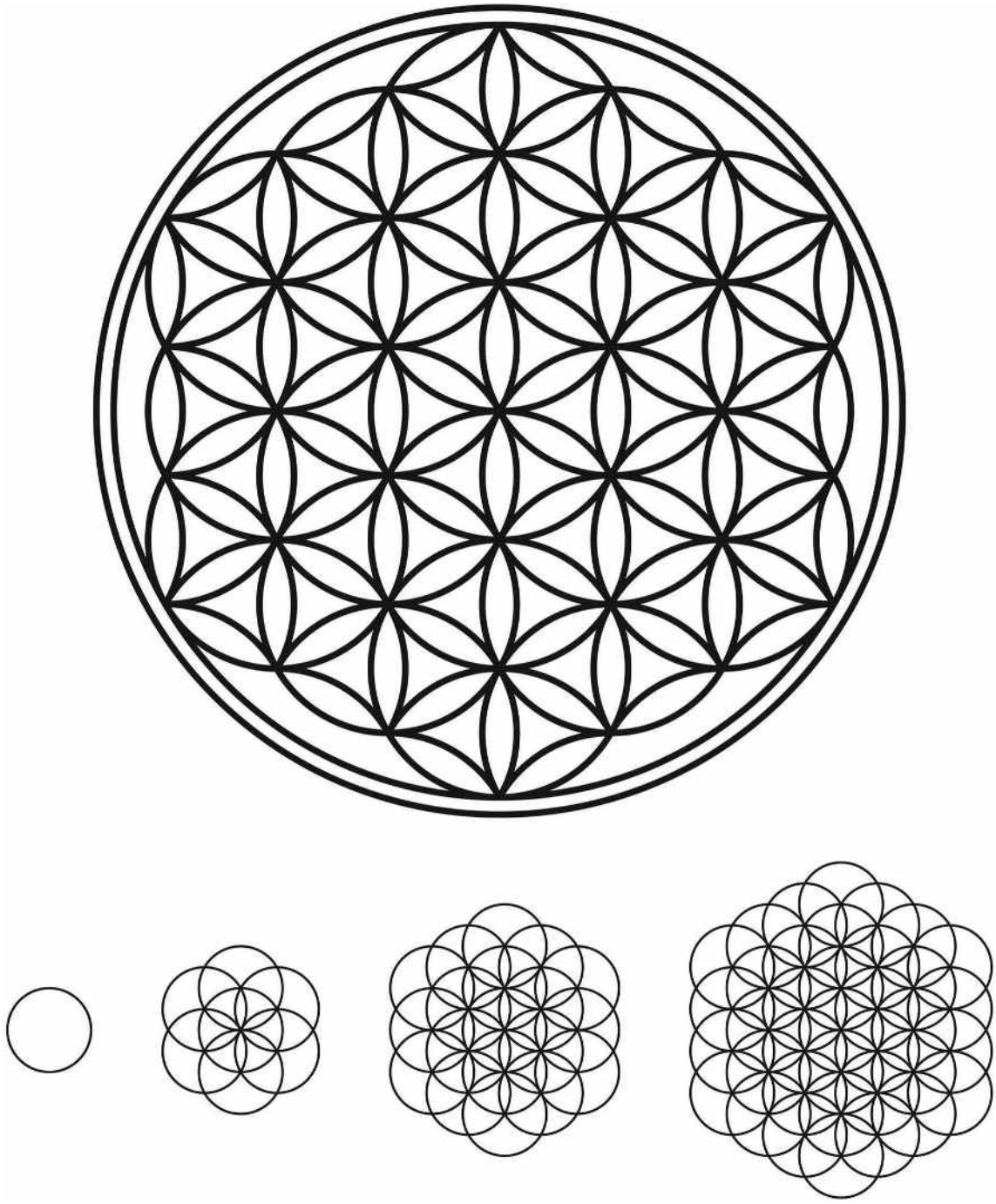
Not only do they balance each other perfectly, but they also make creation possible. It's believed that when two opposite energies come together in harmony, they create something more significant than the sum of its parts. Isn't that the basis of creation? Moreover, this symbol forms the basis for light, the source of all energy and illumination.

When the centers of the two spheres are connected by a horizontal line, and a vertical one connects their points of intersection, it forms a cross. This cross is said to represent light energy. When we look at the different kinds of energy waves—such as UV rays, gamma rays, visible light, radio waves, etc.—forming a part of the electromagnetic spectrum, we must observe how electromagnetic waves are formed. When electric waves come in contact with magnetic waves, they form electromagnetic vibrations. These waves are propagated only when they're perpendicular to each other. So, this formation signifies the essence of energy and radiation.

Now, let's look at the shape formed at the intersection of the two spheres. If you look at it vertically, it resembles a cosmic egg, womb, or birth passage. In other words, it signifies the exact space where creation occurs. When you see the same shape horizontally, it will look like a cosmic eye. In Christianity, this symbol is known as the *fish of Jesus*. This shape carries within itself the possibility for all forms of life.

The Vesica Piscis then becomes a blueprint for the next stages of creation.

The Stages of Creation



After the two interconnected spheres are made, each new sphere is added in a particular pattern. Specifically, when each new sphere is as close as possible to the middle sphere, a spin motion is created, which ends in the creation of the seventh sphere. These seven interconnected spheres come together to form the Seed of Life symbol.

Seed of Life

The Seed of Life occurs when six spheres perfectly intersect a seventh one. The symbol forms the basis for the Egg of Life and the Flower of Life and looks like a beautiful flower pattern. This perfection allows more complicated patterns to arise from it. Not only that, but the shape hides other fundamental shapes such as the triangle, cube, hexagon, and tetrahedron.

To understand the importance of this symbol, you only have to recognize the immense potential that seeds carry within them. A seed signifies the possibility of life, creation, and abundance. It also carries within itself the secrets to consciousness. Just as our potential remains hidden unless the conditions are right, so does the seed remain dormant until given the proper amount of sunlight, water, and care. This is why gardening is such an effort—intensive but also extremely rewarding activity.

The Seed of Life tells us that so much of what we seek outside ourselves remains locked away in our consciousness. All we need is to nurture our inner selves. Like this symbol, we can create our reality if we know our true nature.

The seed is also connected to the number seven, essential to creation. The seven spheres that form this symbol show us how ubiquitous the number seven is in the universe. Think about it. According to the creation story in the *Book of Genesis*, the world was created in seven days. On the seventh day, when the final sphere was added, the universe came into being. This is not the only mention of the number seven.

According to the *New Testament*, the four corners of the world and the Holy Trinity meet to make the number seven. The Book of Revelation heavily references the number seven—from the seven seals of God's judgment to seven angels with seven trumpets, from seven letters to seven golden lampstands, and so on. This isn't limited to Christianity. In Islam, too, the number has immense significance. For example, when Muslims visit Mecca, their holiest city, they walk around the Kabba (the most sacred Islamic site) seven times. According to the *Quran*, there are seven heavens in Islam.

Hinduism, too, mentions seven higher worlds and underworlds. Buddhism

talks about the seven steps to achieve enlightenment: equanimity, concentration, effort, investigation, joy, tranquility, and mindfulness. As we can see, almost every major religion in the world honors the number seven.

This is seen in nature and design as well. For example, there are seven colors of the rainbow—violet, indigo, blue, green, yellow, orange, and red—and seven notes in a diatonic musical scale. In the next chapter, we'll be learning about the chakras within our bodies. As it turns out, our bodies also contain seven main chakras carrying vibrations.

Egg of Life

Eggs are seen as symbols of birth and fertility across cultures and religions. As such, the egg quite literally births new life. Just as the first complete revolution of the point creates the Seed of Life, the second creates the Egg of Life. This figure has thirteen interconnected circles, which symbolize health, balance, and fertility. These three attributes usually relate to the quality of life of an individual. When we possess good mental, physical, or emotional health, we live happy and fulfilled lives.

Similarly, we all crave stability in our lives and relationships with others. There's a feeling of security and comfort where there's balance and stability. Fertility is related to giving birth to a new life and creating something that gives meaning to us. Together, these qualities make us feel whole.

The Egg of Life is also said to represent the development of cells in a human embryo since the first eight stem cells are supposed to comprise the Egg of Life, and the entire human body's development depends on this pattern.

What would you say if I told you that all music owes its existence to this symbol? Seems pretty amazing, doesn't it? The spaces between the circles in this symbol are believed to be similar to the gaps between tones and semitones on a music scale. This symbol forms the basis for the Flower of Life.

Flower of Life

When the point makes the third complete revolution while creating spheres, the Flower of Life is born. This symbol comprises 19 interconnected circles (or spheres) and represents the vegetation cycle of a fruit tree. Much like the others, this symbol tells us that everything is part of a grand, intelligent design. By now, the symbol has become much more intricate and beautiful, and consequently, its significance has increased manifold.

As soon as the Vesica Piscis was formed, we can now create whatever we want through these symbols. The Flower of Life is the ultimate tool at our disposal. The Flower of Life is the symbol of the creation of the universe. When we connect the centers of all the spheres, we can create each of the five Platonic solids, all the polygons found in nature, and the foundation for all trigonometry and geometry, among others.

When we look closely at this symbol, we can see that it depicts in 2D all the forms that can be created using the molecules known to us till now. This means that anything structurally created in the universe can be seen through this pattern. The same goes for patterns found in nature. The geometry of everything, from snowflakes to sunflowers, depends on this symbol. The Flower of Life carries the blueprint for even more complex sacred geometry shapes like the Metatron’s Cube and the Merkabah.

This symbol stands for unity (like many others), but its complex nature also concentrates the cosmic vibrations towards its center. The energy of the Divine, which we seek to channel in our lives, can be found in an intensified form within this symbol.

This imagery is found in almost every culture, religion, and world tradition. In Egypt, for example, these symbols were found on the pillars of the Osirion temple. The ancient Romans also used this design extensively in their artwork, including on a mosaic floor discovered in Pompeii. In Beijing, China, the Flower of Life can be found under the paw of a lion guarding the Forbidden City.

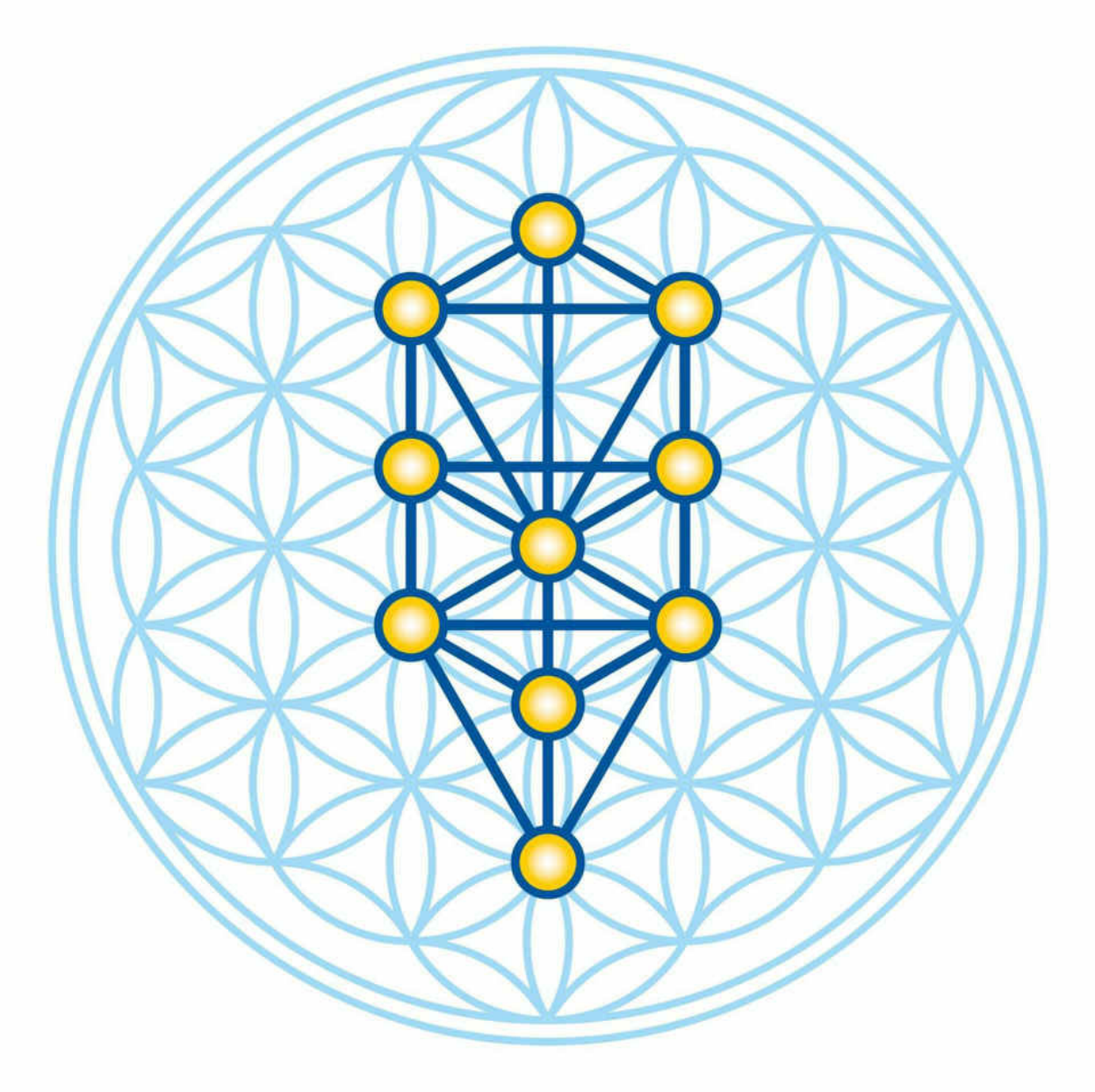
This is also true of the various religions of the world. In Christianity, the Seed of Life is the foundation of creation, while the Flower of Life stands for its expansion. In Hindu and Buddhist traditions, these symbols are present in mandalas. When we delve deeper into Buddhist symbolism, the lotus is a much-revered flower. It’s believed that when Gautama Buddha took his first

steps, his feet created images of the lotus. Since the lotus grows in murky conditions, it's said to symbolize purity of the mind and body. The dirty water represents the material traps of the world, all the negativity we try to avoid, and the flower represents our escape from this world. It's no coincidence that many believe the lotus represents the Flower of Life.

A description of the significance of this symbol would be incomplete without mentioning Leonardo da Vinci. While many artists have used this pattern to give meaning to their artwork, few have been as influenced by sacred geometry as da Vinci. He was a talented painter, sculptor, engineer, and scientist and sought to give spiritual meaning to whatever he created. He was fascinated by the interconnectedness present in the world, as well as with the mathematical precision that was present in various elements of nature.

Many historians believe that one of his most famous drawings, the Vitruvian Man, was partially based on the Flower of Life. This drawing is supposed to have used sacred geometry extensively. For one, it's believed that the overlap of a square and a circle to create the image shows that human beings aren't just physical beings but also spiritual ones. We can connect with both worlds if we want to. Secondly, when da Vinci used this symbol to create the human body, he also signaled that we are a part of the same design that governs everything else in the universe.

Tree of Life



The Tree of Life is another symbol that resonates with many world cultures. It has similar meanings across different beliefs, also known as the World Tree or the Tree of Knowledge. The most significant among these beliefs is found in the esoteric Jewish school of Kabbalah. In this practice, the Tree of Life is related to the Flower of Life and is known as the *Sefirot*.

Sefirot means emanations, and in Kabbalah, it refers to the ten ways or channels through which Ein Sof (God as the Infinite One) manifests Himself. In doing so, He creates both the physical and the spiritual world interconnectedly. Many other practices share this symbolism. For example,

the roots in this symbol are usually similar to Celtic knots. They are dense and intricate and connected to the branches at one point (at least). Since the branches are said to represent the heavens, and the roots are symbolic of humanity, their connectedness tells us that the physical and metaphysical worlds aren’t separate. Each draws its strength and energy from the other.

In most Abrahamic religions, the Tree of Life is believed to be a tree in the Garden of Eden. Even daily, trees are supposed to provide shade, nourishment, and protection. Interestingly, when we put this symbol inside the Seed of Life symbol, we’ll find it perfectly contained. This is no coincidence; after all, a seed one day grows into a tree, and the tree can also provide seeds for more growth.

The most exciting aspect of this symbol is the equation of the trunk with the man. Since it’s believed that the Universe or celestial life is represented by branches and the physical world is shown through roots, the trunk becomes the bridge between the two worlds. This trunk also symbolizes a human being.

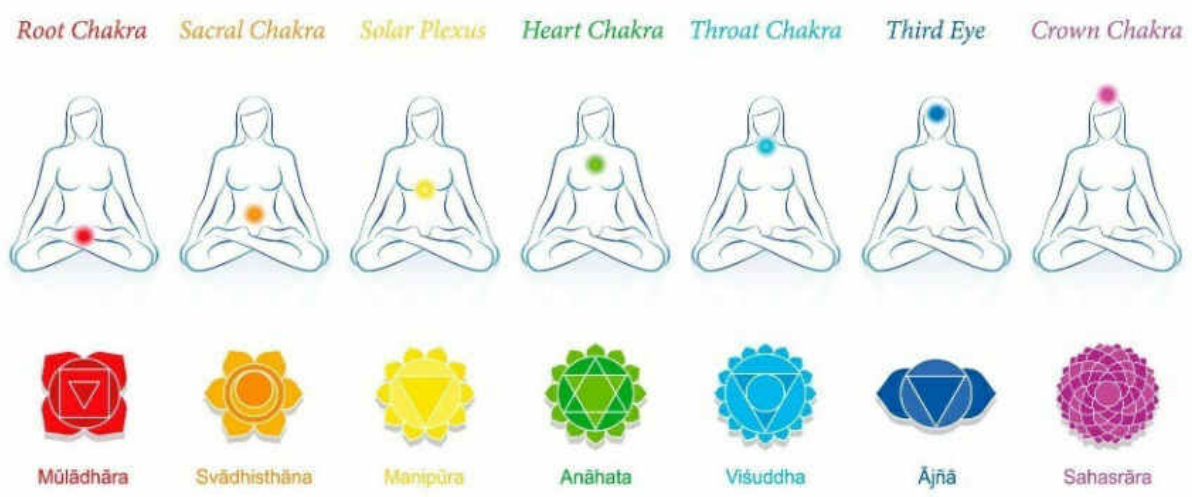
In the Egyptian tradition, this figure is closely related to the *Ankh*, a symbol made by the trunk and branches of the tree. At the point where the trunk crosses the branches, one can see a loop that stands for a vertical eye. This eye is also supposed to represent the man's heart, represented by the tree. Therefore, this mystical tree is supposed to act as a guide for human beings. It can help us achieve physical and spiritual success and teach us how to live fulfilling lives on Earth.

Chapter 3: The Body and Sacred Geometry

In the last chapter, we were introduced to the concept of sacred geometry about the human body. This chapter will investigate how these patterns and frequencies affect physical, mental, and emotional health. Since we're a part of nature, all the codes we see around us are replicated within our bodies.

This means we can understand our bodies deeper, heal from past pain and trauma, and reach our spiritual potential through our physical selves. Let's begin by understanding our bodies' energy centers or chakras.

Chakras in the Human Body



You might have heard from spiritual practitioners or therapists that your chakras are blocked and need cleansing. Whenever people talk about emotional, mental, and physical healing, there's a good chance that *chakra healing* is mentioned. What exactly are these chakras, and why are they important?

In Sanskrit, the word chakra signifies *wheel*. These chakras are points in our body that carry different kinds of energy. To understand them better, you must return to the subtle body we discussed in the first chapter. Also known

as the astral body, this body is intermediate between the physical and spiritual body. These chakras are energy centers located along the spine of our subtle body.

Since these chakras vibrate with energy, you can visualize them as spinning wheels with free-flowing energy. These chakras profoundly affect our mental, physical, and spiritual well-being. It's believed that when these chakras are aligned, we feel balanced and healthy. However, if these chakras are blocked, we might have to deal with various illnesses and problems.

This knowledge is not new to many practices, especially Hindu Yogic or Tantric ones. However, traditional medicine has not been aware of these aspects for a long time. Now that this practice is becoming more mainstream, the chances of people achieving better holistic health are increasing.

There are seven main chakras in our body. Let's look at them carefully and understand their impact on us.

Root Chakra

Also known as the *Muladhara*, this chakra is the lowest of the seven chakras in our body. It's located at the base of our spine and is related to our foundation. The earth element and the color red represent this chakra.

We all need to feel safe, secure, and grounded. When we're grounded, we have a strong grasp on reality. We also feel capable of handling any challenges we might face in the material world. Think of the basic things you need to feel in control of your life. While we all have different aspirations, our basic needs are consistently similar—food, housing, and the ability to meet financial goals.

When we feel stable in our lives, our health, as well as relationships, improve. We feel vital, strong, and confident. On the other hand, when this chakra is blocked, we tend to feel insecure and threatened. When our body gets into a *fight-or-flight* mode, we feel perpetually exhausted. In terms of behavior, this imbalance causes us to feel unjustly fearful and almost paranoid at times. Feelings of insecurity also lead to more incredible possessiveness. We cling harder to whatever we have because we're afraid to lose it at any time. For example, someone with an uneasy relationship with

money (no matter how much wealth they possess) should try to heal their root chakra.

We also develop an excessive need for comfort. Our sense of self-worth is also tied to our ability to provide for ourselves and our loved ones. We suffer from low self-esteem, frustration, and anger when we feel incapable of that. This imbalance affects not only our emotional and mental health but also our physical well-being. Issues such as fatigue, insomnia, lower back pain, obesity, eating disorders, and autoimmune disorders are common in people whose root chakra is blocked.

Since this chakra is the foundation, it’s almost impossible for any other chakra to function correctly if this is blocked. The good news is it’s possible to open and align this chakra in our body.

For one, we can visualize the color red and try to incorporate more of it into our own lives. If you want to work with stones, hematite is said to be a powerful stone in helping unblock this chakra. One of the most potent ways to heal your chakras is through meditation. You can visualize the area where your chakra is located as it emanates from the color associated with it. So, in this case, you can focus your attention on the base of your spine and imagine that it’s either aglow with the red color or that there’s a red wheel spinning with positive energy in that location. With time, you can also incorporate specific *mantras*, or positive affirmations, that you can say during meditation.

Another effective method of chakra healing is through yoga poses. In the case of the root chakra, we should focus on poses that help ground our bodies. Some of these poses include the mountain, warrior, and bridge poses. While we cannot go into the poses' details, you can quickly learn them with the help of online or offline yoga classes.

Sacral Chakra

This chakra is also known as the *Swadhisthana*, and is located about two inches below our navel. The water element and the color orange represent it.

This chakra is related to our emotional identity, meaning it affects how we deal with our own emotions as well as the emotions of others. This also means that it affects our personal relationships at a deep level. Not only that,

but it affects our creativity, desire, sexual energy, and reproductive health.

When our sacral chakra is balanced, we experience an increase in vitality. Our personal relationships flourish because we feel compassionate towards ourselves and others. What's more, we feel like we belong in the world, which makes us more secure in our connections. An aligned sacral chakra also means our intuition is heightened, and we develop a good sense of humor.

When this chakra is blocked, we tend to feel shy, guilty, and irritable. When we experience a lack of control in our relationship with ourselves and others, we tend to blame others for our feelings and issues. At the same time, we might suffer from erratic sexual behavior and a lack of creativity. Physically, this manifests in issues related to the urinary tract, digestion, and menstruation. It can also lead to lower back pain, pelvic pain, hormonal imbalances, and decreased libido.

To align this chakra, you can meditate using orange as a visual cue. You can also include the Tiger's Eye stone in rituals or wear it as part of an ornament. Regarding yoga poses, the best poses would be those that focus on opening your hips, such as the bound angle pose.

Solar Plexus Chakra

This chakra is also known as the *Manipura*, and is located in the upper abdomen (stomach area). The color associated with this chakra is yellow, and the element is fire. This chakra is primarily concerned with our feelings of self-worth and self-confidence.

When this chakra works appropriately, we feel confident and control our lives. Our digestive system also works well in this state. This chakra has a direct impact on our work lives as well. For example, if this chakra is open and aligned, we feel energetic and productive throughout the day. What's more, this chakra also governs our intelligence and attention span. When we combine these qualities with high self-esteem, we find that we've become the best version of ourselves at work.

An unbalanced chakra leads to a lack of self-esteem, self-love, timidness, and even hostility in certain circumstances. It impairs our ability to make good

decisions and makes us fear rejection at work and in life. On a physical level, it can cause eating disorders, stomach ulcers, or diabetes. It can also lead to intestinal tumors, low blood pressure, and arthritis. Whenever you feel like you're not good enough or experience a pit in your stomach, that is the blocked solar plexus chakra at work.

To heal this chakra, meditate with the color yellow and use ornaments or objects made of amber. You should try yoga poses that build heat in your body, such as the sun salutation pose and boat pose. Since this chakra deals with improving your self-worth, you can work with positive affirmations and mantras that ask you to treat yourself with kindness and compassion.

Heart Chakra

The heart chakra is also known as *Anahata*. Since this is the fourth chakra located midway between the lower and upper chakras, it can be seen as a bridge between the two. Here, the three chakras that we've discussed earlier are the ones that are rooted in the material world, and the three that we'll be discussing after this are associated with spirituality. The heart chakra is located just above the heart in the middle of our chest.

It's associated with the air element and the color green. This chakra enables us to give and receive love. Of course, to be able to love others, we need to love ourselves healthily. So, the heart chakra is related to self-love as well. Expectedly, it also governs our relationships with others.

Think about the times you've opened your heart to someone else. Doesn't it feel incredibly freeing and joyful at the same time? If your heart chakra is open, you can trust people easily. You will also feel empathetic and compassionate towards others in your life. This isn't restricted to the people you know and are connected with. You might even develop empathy for people whose backgrounds and situations differ from yours.

When your heart chakra is aligned, you tend to feel more optimistic about the world. Since an open heart makes you want to understand people, you might also open up to new connections. This chakra also makes you feel whole within yourself. When blocked, you might get moody, feel hopeless, and lose faith in others. Your relationships, especially romantic ones, might also suffer

in this case.

Regarding physical conditions, you might struggle with shoulder, upper back, and thoracic spine issues. You might also have to deal with heart ailments, lung disease, and breathing issues.

Try incorporating the color green into your meditation routine to heal this chakra. The stone that most helps with unblocking this chakra is rose quartz. Here, you want to focus on yoga poses that expand and open up your chest area, such as the camel, cobra, and fish pose. You can also try breathing exercises that help you take more profound and more prolonged breaths.

Throat Chakra

At one point or another, we all have had difficulty expressing ourselves. This might be at work or in our personal lives. Sometimes, we even struggle with speaking our truth to ourselves. In such cases, there's a good chance that our throat chakra is blocked. Also known as *Vishuddha*, this chakra acts as the voice of our heart and soul.

It's located in the throat and is associated with light blue or turquoise. The element that represents this chakra is sound or ether. When this chakra works properly, we're able to know ourselves better. This self-awareness causes us to have faith in ourselves and recognize what's important to us. When we can express ourselves honestly and clearly, we experience creativity and fulfillment like never before. This is the chakra of communication. This means we get better at speaking about what we truly feel and listening to others. Most importantly, we begin to lead genuinely authentic lives.

When your throat chakra is blocked, you might lack faith in yourself. You might also hesitate to express yourself and make decisions in your best interests. People who aren't true to themselves might also find it challenging to stay motivated to follow their dreams and goals. Usually, such people might even find themselves resorting to addictions as an escape from their reality.

Physically, this chakra affects our mouth, throat, and ears. We might suffer from mouth ulcers, tooth problems, sore throat, stiff neck, and hearing ailments when this chakra malfunctions.

We can visualize a blue light pouring into, or emanating from, our throat to heal this chakra. We can also visualize how it feels to stand in our power and be the most genuine version of ourselves. The stone that helps us in this quest is aquamarine. The yoga poses we practice in this case, such as the plow, fish, and bridge pose, will help open our throats.

Third-Eye Chakra

As mentioned earlier, the chakras above the heart are more attuned to the Divine. Just as the throat chakra helps us become confident in who we are and our real purpose, the third eye or *ajna* chakra helps us see beyond what is obvious. This world does an excellent job of numbing our senses. We become so jaded and tired that we forget to notice what's right in front of us, let alone stay sensitive to powerful energies that aren't visible. Regaining our intuition and wisdom isn't easy, but it's possible.

Also called the brow chakra, this chakra is located in your forehead between the eyes. The element associated with it is light, and the color is indigo or purple. When this chakra is open (relatively rare), it helps us honor our intuition and improves our focus. We can think more clearly, and our imagination flourishes like never before. In this way, we tap into our soul and its immense wisdom. A particularly enlightened soul might also be able to see visions and get messages from other realms. If this chakra is open, you can genuinely manifest whatever you want in your life, as well as in the lives of others.

An unbalanced third-eye chakra can lead to confusion, poor judgment, and weak concentration. Since your intuition is blocked, you might be unable to make decisions, stay true to your purpose, or understand the actual effects of your actions. When we cannot tap into the voice of our soul, we lead fear-based lives. More often than not, we find ourselves fretting over an unknown (and often, scary) future. This leads to stress, anxiety, and addiction in some cases. When we're cynical about the possibilities that the invisible world offers, that cynicism also bleeds into our material lives. Our lives become devoid of insight and awe.

Since this chakra is related to brain functions, eyes, ears, nose, and pineal and pituitary glands, a blocked chakra might lead to various neurological

disorders. It can also cause frequent headaches, dizziness, hearing or vision impairment, spinal dysfunctions, depression, and nightmares.

To align this chakra, we can use amethyst and meditate on the space between our eyebrows. The exercises that help open this chakra include meditation, a child's pose, and different eye exercises like rotational viewing. Also, as challenging as it might seem initially, we should try to become more aware of the energies around us. For this, we first must ensure we're not suffering from sensory overload due to our current lifestyles. Once our senses are cleansed, we can focus our energy on vibrations that help elevate our consciousness. At the same time, we need to set an intention that we're ready to welcome observations and sensations from a world beyond ours.

Once we open up to energies that surround us that aren't always obvious, we will get closer to the Divine will. This will help us achieve our spiritual mission and make our lives on Earth more vibrant and joyful.

Crown Chakra

This is the seventh and highest chakra in our body. Also called the *Sahasrara*, this chakra sits at the top of your head. It's believed that the opening of the crown chakra is extremely rare and is limited to only the most exalted spiritual teachers and practitioners. When your crown chakra opens, you become one with the Divine consciousness. At this stage, you become fully aware of your spiritual nature and find your energy merging with the energy of the Universe. Your intuition and awareness are heightened like never before, reflected in your personality, thoughts, and actions.

When this chakra is blocked, it can cause us to experience an identity crisis. We no longer know who we are or why we've been put on Earth. This lack of purpose can leave us feeling extraordinarily uninspired and even fearful. Everything becomes clear to us when our souls feel aligned with the One. However, when disoriented, we tend to become excessively materialistic to hide our concerns. This way, we might feel utterly detached from our spiritual selves.

The color of this chakra is violet or white, and the element associated with it is our conscience or the Divine Consciousness. Any imbalance in this chakra

leads to extreme exhaustion. We might also experience a heightened sensitivity to sound and light. To bring this chakra into balance, we can use clear quartz. Some yoga poses that help us include balancing the headstand, tree pose, and yoga mudras.

Interestingly, this chakra isn't governed by words or mantras. Nothing will get you there faster than silence if you need to get close to the Divine. It's no coincidence that most of us are afraid of silence and actively try to avoid it. When we are silent, we feel uncomfortable in the beginning. However, with time, we notice the frequencies that operate in silence. These vibrations are higher than the ones we are used to, and they can hold the Divine Consciousness.

The world around us is such that most of us have our chakras blocked and out of balance. The good news is we can cleanse our chakras and transform our physical and spiritual lives.

Merkabah

The *Merkabah*, or Light Body, can be considered a vehicle that transports us from the material to the spiritual world. It combines sacred geometry and light energy to link our physical, mental, and spiritual being to the Supreme Being. Our light body helps us align ourselves to our true purpose and passion on Earth. This is also known as the astral or subtle body in various practices.

The word Merkabah has both Hebrew and Egyptian origins. In Hebrew, the word stands for chariot. In this context, the Merkabah is a chariot that helps us meet and recognize the various angels that govern our world. In the Egyptian language, the word is broken down into three parts—Mer (light), Ka (spirit), and Ba (body).

In the human body, the Merkabah comprises the first eight cells formed after fertilization. These cells are found at the root chakra of the body. Since this point is seen as the center of our body, the Merkabah can be seen as the intersection of our physical and subtle energies. Our light body forms the basis for creating our physical and spiritual selves when described this way.

Regarding sacred geometry, the light body is represented by a star tetrahedron known as the Star of David. Looking closely at the figure, we understand how it stands for balance, stability, and integration. The top tetrahedron is said to represent masculine energy—which stands for logic and rationality—while the bottom one represents feminine energy—which stands for emotion and intuition.

The top can also represent the Universe, while the bottom represents the Earth. In other beliefs, the top can symbolize spirituality, whereas the bottom symbolizes physicality. These energies are opposite, but they come together to form a whole. We move closer to the Divine when we achieve a similar balance.

Some believe that the tetrahedron in the Merkabah is also related to the solar plexus chakra, which stands for our feelings of self-worth. When this chakra is balanced, we have the self-confidence to create our destiny. The star tetrahedron is ideal for our spiritual journey because the top part is connected to the spiritual realm. In contrast, the bottom part is grounded in the physical realm.

Light Body Activation

The aim of using the merkabah in our spiritual practice is to cause the union of our physical and spiritual selves ultimately. As we merge into the Divine consciousness, more and more of our physical body is said to be filled with light. This is known as light body activation. In 1995, a book was published by Tashira Tachi-ren, known as *What is Lightbody?* which talked about the ascension process of the physical body becoming an astral one.

According to the book, there are 12 levels in the light body activation process. It takes us through these levels and tells us how to achieve them. The twelve levels are:

1. This is the stage at which you begin to yearn for your true self. You might find yourself opening up to the wonder and joy of the universe or actively seeking it within you. Since the transition from the physical body to the light body requires you to shed emotional, mental, and spiritual weight, this is the stage

at which you begin to release anything holding you back. This might include stored emotions, past traumas, and negative thoughts and feelings. Sometimes, these problematic energies manifest physically in the form of the flu.

2. At this stage, you might experience some fatigue and disorientation in your senses. Your flu-like symptoms might also persist. This is because the body works to remove anything that doesn't serve you anymore. At the first level, you might have begun to respond to energies that exist in this world but aren't entirely of this world. At this stage, that feeling will intensify, and you will want to investigate further regarding the existence of Spirit.

3. At the third level, you begin the ascension process. For one, your physical senses become strong, and so does your sense of intuition or energy. You're now able to start conversing with Spirit. This brings joy that fills you in the form of light at a cellular level.

4. The ascension process intensifies through chemical and electromagnetic changes in your brain. This is an exciting but overwhelming stage. On one hand, you begin to feel connected to everyone and everything in the Universe. There's a lot of joy and playfulness that comes with this realization. You also begin to feel lighter, and some people might experience episodes of clairvoyance. On the other hand, this is a period of intense energy downloads, meaning you might suffer from blurry vision, hearing problems, and frequent headaches.

5. At the fifth level, we finally begin to uncover the mystery of the Self. While we might have off-handedly asked ourselves now and then who we are and where we come from, this is the first time we want an answer. We might also become more interested in interpreting our dreams and subconscious activity during this period.

6. The sixth level is key to making us feel supported in this journey and also to help us become guides for others on the

journey. Here, we might get in touch with souls on the journey with us and get information on what's needed to create the collective destiny we're all seeking. During this stage, you might feel like you are questioning your reality. This is your soul no longer taking anything for granted.

7. The seventh level of light body activation coincides with opening the heart chakra as much as possible. This is the emotional stage of the journey. This stage also compels you to revel in the present moment and find joy, love, and playfulness wherever possible.

8. This stage deals with the growth of your pituitary and pineal glands. When your pituitary gland expands, you feel pressure at the back of your head. Similarly, your pineal gland expansion manifests as pressure between your eyebrows. Since your intuition has grown beyond measure, you will connect to Spirit like never before. You will also become more sensitive to sacred geometry that manifests in sound.

9. In the ninth stage, your sensitivity to sacred geometry increases. At the same time, Spirit is trying to communicate to you that you are a multidimensional being. This might manifest in different ways in your physical body. For example, you might feel you've become taller or shorter. Similarly, you might experience weight loss or gain for no reason. While this might be confusing, you're told that you've begun to merge fully with the Source.

10. The tenth stage deals with your abilities as a lightworker. Since you now possess the ability to work with light, you can now build your merkabah. This vehicle now transports you across time and space.

11. At the eleventh stage, your body has transformed entirely into a light body. This means that there has been a complete transformation within yourself. Your cellular system has been renewed, and so has your circulatory system. You can now clearly see the manifestation of sacred

geometry within your body. At this level, you are completely one with the Source.

12. The last stage is about manifesting a new lifestyle as a light body. This includes finding other souls like yourself, following your divine mission on Earth, and being fully present in the moment. Once you reach this stage, you can live on Earth as a spiritual being, which most of us yearn for.

There are certain things to keep in mind when going through this process:

- We are programmed to live as material beings in this world. All of us carry the potential to reach our spiritual destiny, but years of conditioning have convinced us to stay trapped in our physical selves. This is why, when we begin this process, we face resistance from ourselves. When starting this process, you might deal with physical ailments, emotional and mental fatigue, and so on. This resistance is to be expected and should not keep us from doing the necessary work in this process. We can only achieve our true destiny when our physical, mental, emotional, and spiritual selves are aligned with our purpose.

- Our ego is what keeps us fully grounded in this world. It is what protects us by building an image that serves us in a material sense. Whenever you begin to connect to Spirit, your ego will come in the way. This means that when we begin our ascension process, we must experience *ego death*. Anything that separates us from the Divine Source needs to go. While this process is essential, it doesn't feel great. When we undergo an ego death, we feel an emptiness we might never have experienced. Everything meaningful for us before suddenly stops making sense. We want to distract ourselves, collect ourselves, and feel whole again. However, what we fill ourselves with at this time is what will determine our path ahead. Therefore, at this time, you need to focus on filling yourself with love and joy.

- This process isn't necessarily linear. While some people might successively follow the stages, others might go from one stage to another without any perceived order. Of course, it's important to remember that the only plan that matters is the Divine plan. Also,

time doesn’t exist in the spiritual world like it does in ours. Some might take years to complete their activation process, while others might arrive in seconds. This is neither a competition nor a measure of success or failure.

- This leads us to another critical piece of advice. You must learn to trust the process at all times. You might find yourself confused often, not to mention lonely. However, you are far from alone on this magnificent journey. All the help you need is right there with you. All you need to do is ask. Remember that your journey will not look like anyone else’s, which is okay. Whatever happens on this path is a result of your own will and intent, as well as the destination you’ve chosen in collaboration with your guides, your higher self, and the Divine Consciousness.
- A part of working with light involves being a guide for others. As a spiritual being, you will feel compassion and empathy for others. You will also want to change the world for the better. As noble as these goals are, you must remember that the journey begins with yourself. Sacred geometry teaches us that the same patterns within us also exist at the macro level. There’s a lesson there for all of us. If we want to see a change in our communities, countries, and the world, we must start with ourselves and our families. This journey doesn’t ask us to renounce our physical roles. It teaches us to lead enlightened lives in the physical realm. When in doubt, remind yourself—*as above, so below*.

Chapter 4: Numbers and the Universe

In this chapter, we'll learn how tarot can help us on our spiritual journey. Because this world is so uncertain and scary, we turn to astrology, numerology, and tarot to help ascertain our future. When we can't find a way, we turn to spiritual guides who show us the path. Why do tarot cards wield so much influence on our lives? How can we use them to our benefit? What is the best way to read these cards? Let's discuss.

What is Tarot?

Simply put, tarot is a pack of cards for fortune-telling and divination. Typically, people use tarot readings to understand their future. However, there's a tendency among many of us to seek exact answers from this practice. We want to know what to expect and how to prepare for our future. While divination is undoubtedly an aspect of this, it isn't the whole story.

These cards are meant to pick up on the subtle energies of the person and their environment. Each tarot reading tells us a story about the individual in question. Sometimes, these energies point toward a certain future, which helps us gain clarity on what lies ahead. More often than not, however, these cards tell us about ourselves. This is a journey of self-discovery. Since the same Consciousness connects everything in the Universe, these cards can

help us connect to the Source.

It’s no surprise that this Divine Will lies within ourselves. Most of the answers we’re seeking are within us. We only need to shine a light on them. This is where the tarot becomes essential. These cards have a lot of symbolic meaning, which helps us better understand our own experiences, conscious and otherwise. Doing so gives us more control over our inner realm and outside world.

The best readings are those that help us question our reality and challenge the status quo. Usually, we find ourselves stuck in patterns we’re unaware of. This is because we tend to avoid the difficult questions that might resurface occasionally in our lives. Anyone who wants a tarot reading is looking for something more than what is evident.

Contrary to popular belief, this is also why you don’t need to be a psychic or a spiritual teacher to learn tarot. Of course, you need to be interested in exploring subtle energies, but you don’t need any particular skill to be a tarot reader. The good news is, with time and practice, you will become more sensitive to these energies. The more intuitive you become, the more enlightening your readings will be.

Tarot and Sacred Geometry

While the exact origin of the tarot isn’t known, some evidence states it was used in fourteenth-century Europe. As for divination purposes, it has been used since the seventeenth century.

One of the earliest tarot decks is the Rider-Waite deck. These cards were drawn in 1909 by illustrator and occultist Pamela Colman Smith in collaboration with poet and mystic Arthur Edward Waite. These are the cards that most beginners start with, and they’re popular even among experts. One of the main reasons for their everlasting appeal is the clear and vibrant imagery on the cards. The illustrations are packed with symbolism, making understanding each card's meaning easier.

Another classic tarot deck is the Builders of the Adytum (BOTA) deck.

Occultist Paul Foster Case and artist Jessie Burns Parke created this. While it resembles the Rider-Waite deck in large part, there are some differences between them.

Even in the older tarot decks, different sacred shapes convey messages. We will discuss the symbols in detail in the next section. These earlier decks show *The Hermit* carrying a lamp with a hexagon of integrated triangles within it. This image represents a balance between the physical and spiritual worlds. Similarly, *The Emperor* and *The High Priestess* both are shown sitting on cubes, which signifies stability, reliability, and equality.

Other popular decks—such as the Tarot of Cosmic Consciousness by Barbara Bruch and the Sacred Geometry Oracle Deck by Francine Hart—also feature many shapes that expand our understanding of the stories they tell about their lives. For example, the *Four of Wands* in the Tarot of Cosmic Consciousness depicts something known as *squaring the circle*. In this image, the circle represents the infinite creative and spiritual energy, while the square represents the bounded material energy. Bringing the two together indicates a balance between the two worlds. *The Hierophant* in this deck is also depicted as a nautilus whose spiral is a striking example of sacred geometry in nature. What's more, even the Vesica Piscis finds expression in various cards.

Tarot and sacred geometry have always been deeply connected, mainly because they both deal with helping our consciousness evolve.

Major and Minor Arcana Cards

Most tarot decks contain 78 cards, of which 22 are Major Arcana cards, and the rest are Minor Arcana cards. The Minor Arcana cards are said to be concerned with the more mundane concerns of life. Here, it's important to clarify that while these cards are *minor*, they still heavily influence our lives. In this aspect, mundane would mean elements more rooted in the physical rather than the spiritual world (though they're not separate from each other).

These cards help us deal with the daily occurrences in our lives and provide advice. In the larger scheme of things, they might not have as profound an effect on our destiny as the Major Arcana cards do, but they're still essential

to us leading good lives.

The Major Arcana cards, on the other hand, talk about our life journeys as a whole. These cards impact our physical and spiritual journey in a significant way. The lessons you learn (even those you need to learn repeatedly), the karmic and energetic influences in your life, and the significant themes that make up your life story—are all featured in these cards.

These cards are also significant because they tell us a story when laid out in order. The first card, The Fool, is seen as the story's protagonist and represents the querent in the reading. Through the following 21 cards, this protagonist goes on a journey on which he faces various trials and tribulations, receives help and guidance when needed, gains insight into himself, and eventually emerges victorious. The cards have different lessons to teach us; when we've learned these lessons and paid our karmic debts, we get closer to our true Divine self.

Minor Arcana

The 56 cards belonging to the Minor Arcana are divided into four suits: Swords, Cups, Wands, and Pentacles. It's believed that these cards form the basis for the more common playing cards we use. Each of the four suits contains 14 cards. These include the Court cards—Princess (or Page), Prince (or Knight), King, and Queen—and cards numbered Ace through Ten.

Each suit is related to a different aspect of your life. For example, the Suit of Swords deals with your words, actions, and thoughts every day of your life. They determine your decisions, thoughts about different circumstances, ideas, and how you communicate them to others. Since our words and actions determine the outcomes we face and the success we achieve in our endeavors, this suit relates to how powerful we feel in our lives.

On the other hand, the Suit of Cups is related to our intuition, emotions, and creative spirit. This suit is handy when dealing with personal relationships and our relationship with ourselves.

While the Suit of Pentacles is related to your financial health and material wealth, the Suit of Wands determines your spiritual path and life purpose. It helps you discover your true passions and motivates you to pursue your

destiny.

These suits are significant in terms of sacred geometry as well. For one, each suit is supposed to represent a particular element—Pentacles are Earth (material world), Wands are fire (passion), Cups are water (emotions), and Swords are Air (intelligence and communication). These elements make up our disposition and are related to our zodiac signs. This is why, for example, Aquarians are known as air signs, which means they are social and intelligent people with strong communication skills. Similarly, Leo is a fiery sign, meaning they can be passionate. As you can see, these elements govern many of our lives and relationships.

When you delve deeper into these suits, you might be surprised they're also connected to geometry concepts. For example, the Cups are said to symbolize volume. The Pentacles symbolize planes, the Wands stand for lines, and the Swords represent points. All these symbols show us how energy moves through them and us daily. Sometimes, this energy is concentrated in one place. Other times, it circulates from one part to another. Ultimately, it's all connected.

Major Arcana

The Major Arcana cards tell the story of the Fool cyclically. This story, of course, is also our story at different stages of our lives. Let's go through these stages one by one to understand how these cards impact our lives:

- The Fool—Imagine yourself at the beginning of any journey. Better still, imagine yourself as someone unsure of what lies ahead. Often, we find ourselves at a crossroads. We don't know what we're meant to do or who we're meant to be. In many ways, we embody the innocence and wonder of a child awakening to the world's potential without fully understanding it. This card acts like a call to action. If it appears in your reading, you should take it as a sign that you're about to embark on an adventure. At this point, you might understandably find yourself worrying about the future. Don't worry; this is your time to leap into the unknown.
- The Magician—This card gives you the confirmation to make your

magic. When you feel confused about your abilities or gifts, this card tells you not to waste your time. Everything that you need to take with you on this journey already resides within you. Your words, ideas, and emotions will all help you on this journey. This is the time to find your voice and use it to create your destiny.

- The High Priestess—This card shows up when you need to listen to your intuition. Most of us forget to listen to our inner voice. This card teaches us to trust ourselves again. Sometimes, we need to tune out the voices around us to listen clearly to our subconscious mind.

- The Empress—The Empress is a card of the Divine Feminine energy. All the beautiful and powerful feminine traits—including compassion, love, beauty, and creativity—are represented by this card. Since nature is also said to embody the gifts of the Divine Feminine, this indicates connecting more deeply with the natural world.

- The Emperor—This card shows up whenever you need to take charge of your life. There might be instances during your journey where you need to take control and display your leadership abilities. This is a powerful card that urges you to do so.

- The Hierophant—This journey can be daunting, and we all need a spiritual guide to help us during those times. Think of this card as an indication that an angel or spirit is guiding you. This happens when you're beginning to accept your spiritual gifts and learning more deeply about your spiritual roots. This card might also indicate that a teacher or mentor might enter your life on the physical plane.

- The Lovers—As the name suggests, this card helps you deal with your relationships, with yourself and others. It might be asking you to look closer at your love life or consider your different relationship choices. Our lives depend significantly on who we choose to love and why and how we love them. This is why this card also helps you reflect on your personal values.

- The Chariot—The Chariot is a signifier of movement, change, and impending success. Even though we don't realize it, we find

ourselves limited to specific ways of thinking and living. These limitations can be physical as well as mental. When this card shows up, it's asking you to remove those restrictions you've placed on yourself. This can mean physical relocation from one place to another (signifying new opportunities and experiences) and new ways of thinking and working. Since a chariot represents a movable home in some senses, it gives us the confidence that we're protected even as we change. If you stay on course, victory will be yours.

- Strength—This is a card of mental strength and fortitude. Remember the obstacles we've talked about? This card indicates that you're more than capable of facing them. Moreover, you will emerge stronger and wiser after vanquishing your demons.

- The Hermit—The world outside of us can sometimes be very confusing. Even if well-meaning people surround us, we might sometimes struggle to connect with our inner world. When you face this situation, this card usually tells you it's okay to retreat from the outer world. You might seek more time alone, with your thoughts and feelings, without distractions. Most of us feel rattled when we don't have people (or noise) around us. At this stage, you will learn to welcome and honor the silence of knowing yourself profoundly and finding your path.

- Wheel of Fortune—This card is about luck, but it's also about pluck. One of the most important lessons we learn in life is that fortune is a fickle thing. We must ride the waves of luck as they take us from the good times to the difficult ones, knowing that nothing is permanent. When you witness this card, know that luck will play a significant role in your life, but it will also ask you to show up for yourself. Sometimes, the best thing you can do for yourself is to remember—"This too shall pass."

- Justice—This is a time for understanding that every action we take has consequences. Also known as *karma*, this deals with whatever baggage we have accumulated in our interactions with others. Whatever you receive during this phase of your life will help rebalance the scales of your life. At the same time, this reminds you

to be fair in your dealings with others because you can only reap what you sow.

- The Hanged Man—There comes a time in our lives when we feel stuck. You might want to change your situation and start afresh at this stage, but fears and insecurities are holding you back. Think about it this way. This is the only card with an inverted figure when held upright. This means that you need to shake things up and let go of old paradigms of thinking. This is an opportunity for surrendering to the Source.

- Death—Any reader would tell you this is the card most people fear and misunderstand. It feels like an omen that something terrible will happen to us. However, in the world of energy, nothing is as simple as it seems on the surface. When we talk of Death in this context, we're referring to letting go of anything that doesn't serve you anymore. We're all guilty of this. Even when certain situations and relationships have ended, we carry their weight. This card tells you to wake up to the fact that some things are already *dead*, and they're keeping you bound to a lower level of consciousness. In this respect, death is not an ending but a beginning.

- Temperance—Let's admit it—we don't like stagnation, nor should we. However, there's a difference between being stagnant and being still. Sometimes, we need to rest and relax to create something unique. This card usually shows up when you feel restless at the pace of life. You might feel that things have come to a standstill and there's nothing much going on, but that's not true. The card tells you to take it easy and go with the flow. A lot is happening without your knowledge that will reveal itself to you when the time is right.

- The Devil—Do you like feeling like you have no control over your life? No one does. The Devil comes into your life when you are presented with impossible situations. You might feel burdened and powerless, but great lessons are hidden within this scenario. For one, this card tells us to take life a little less seriously. It might seem like you're being laughed at, but you can see it as an invitation. This can be incredibly freeing (albeit difficult in the

beginning). More importantly, this is a time to recognize how you are limiting your power. Remember, the Devil is a master of illusions and trickery. What is it that you're not seeing? What is it that will set you free?

- The Tower—After death, this is the card that people fear most. Why is that? Well, you wouldn't like it if I told you to take a bat and destroy everything in your house, would you? This might seem a bit extreme, but the truth is that this card signals destruction. However, this is not implied in a negative sense. Sometimes, the only way to build a new life is to tear down whatever is not working for you. Most of us find ourselves trapped in the *sunk cost fallacy,* where we keep investing in things and relationships simply because we've already put much effort into it. At this stage of your life, you might feel like everything you've ever built is crumbling down, but it only means that you're ready for something even better, that aligns with who you are.

- The Star—We all need hope in our lives occasionally. You should rejoice when this card or energy shows up because this is a time for optimism, inspiration, and renewal. This energy tells you that you're being taken care of by the Universe, and this is a time to enjoy the many gifts coming your way. For some, this also means a time when you receive public recognition or reward, especially as it highlights your positive role in the lives of those around you.

- The Moon—The Moon signifies our subconscious, intuitive, and mysterious energy. There's so much we don't know, even though we can sense it as we grow more spiritually connected. Sometimes, you might feel your fears and insecurities rising to the surface, or you might experience a pull towards something or someone that makes no sense. You might find yourself responding to forces you cannot name or understand. At this time, it might be wise for you to listen without trying to comprehend. Remember that everything works in Divine Timing; if something is hidden from you, it's generally for a reason. Acknowledge your anxiety and anticipations, but learn to be patient.

- The Sun—This is a card of joy, vitality, and creation. Just as the sun

powers everything on our planet, so does this card give new energy to your life. This confirms that everything's looking up, and you're exactly where you need to be now. This is also an energy of personal and professional relationships. The sun is at the center of our solar system, and you might find yourself at the center of your relationships and social life. This is when your relationships flourish, and you distance yourself from anything that drains your life force.

- Judgment—This card truly exemplifies what tarot stands for. While we're always eager to *know* our futures, we're less enthused at creating them ourselves. This is because it takes a lot of accountability to do so. When faced with this card, you can reckon with both your past and future simultaneously. This is a time to be objective when deciding where to go next. If your path seems to not align with you anymore, you can change it. No matter what you're told, your future belongs solely to you.
- The World—The last Major Arcana card signifies that this cycle is ending. Remember, this is a cycle, so this journey has no natural end. However, whatever you have been dealing with till now has come to a fulfilling end. This is a signal of victory and completion. You are on the right path, you've become whole, and you are connected to the divine energy of this world. The world is yours to rejoice in.

Tarot Spreads

If you're just beginning to explore the world of tarot, you'll likely feel overwhelmed. Of late, there's been a spurt in the popularity of using this method to make sense of our lives. As mentioned, anyone can learn how to use these cards with practice. In the beginning, however, you might have to choose what kind of spread you want to focus on.

A spread refers to the pattern in which you choose cards for the reading. If you've watched a tarot reader or intuitive start reading, you might have seen

them shuffle and cut the cards. It’s also common for readers to ask for spiritual guidance from their angels and guides before a reading. Sometimes, if you’re a part of a personal reading, you might be asked to choose the cards yourself. This is also a way to channel the energy of the querent, or the person asking the spiritual question.

When starting as a reader, start simple. This means that a three-card spread might be most beneficial to you. Sometimes, readers are even encouraged to start with a single card. Before we learn more about these spreads, let’s talk about *The Hero’s Journey*, a classic narrative structure that governs most myths and stories.

The Hero’s Journey

In 1949, Joseph Campbell, a writer and professor of comparative literature and mythology, published *The Hero with a Thousand Faces*. In this book, he combined mythology with psychology to show that most of us tell stories similarly. In this book, he also explores the cosmogonic cycle, which is the story of the creation and eventual destruction of the world.

The term he coined in this book is “The Monomyth” or “The Hero’s Journey.” This talks about a famous narrative structure where the hero (the story's protagonist) decides to go on an adventure or a mission, faces obstacles along the way and emerges victorious in the end. Most follow this structure when we pay attention to stories and myths worldwide. According to Campbell, this isn’t a mere coincidence. This proves we’re all much more deeply connected than we want to believe.

For years, this theory has informed the field of storytelling and psychology. It’s no wonder that tarot cards have also utilized The Hero’s Journey to tell stories of our lives. This can be done through a three-card, five-card, or even an eleven-card spread. Remember the fool’s journey across the Major Arcana cards? Well, that is a profound example of this theory being implemented.

Single Card Spread

Choosing a particular spread will depend on how much detail you want to get

into versus how much complexity you can handle. For example, a single card will not give you a complete story, but if you have a question and want more guidance, you can set your intention and pull out a single card from the deck. Some readers also believe the card is meant to show them how to *jump* out of the pile while shuffling the deck.

Three Card Spread

Initially, a three-card spread might be ideal for most readers. This is because it has enough cards to give you a narrative arc but not too much, so it overwhelms you. Some popular spreads include the Situation-Obstacle-Outcome, the Past-Present-Future, and the Mind-Body-Spirit.

Each spread helps you understand what is needed to live your life best. For example, a Mind-Body-Spirit spread will give you clues regarding balancing your physical, mental, and spiritual health. You'll be directed towards any issues plaguing you or elements that need more in-depth investigation.

Similarly, a Past-Present-Future spread can help you understand why specific incidents occurred in the past, your current situation, and what the future looks like for you. Regarding your current situation, receiving a Major Arcana card during the reading usually means that you’re a part of something greater than yourself, something you don’t quite understand yet. This indicates that you must trust these greater forces, even if it makes you uncomfortable. On the other hand, receiving a Minor Arcana card during this stage might tell you you have more control over the situation than you might think. While most people believe that the future card will give you definite answers, you will likely understand what to expect and how to deal with it.

In the Situation-Obstacle-Outcome spread, you are taken on a hero’s journey. You are the protagonist who is dealing with a crisis or obstacle. Some readers replace the outcome with advice so that the querent is guided to take steps to help them resolve the issue they’re currently dealing with. When you become more experienced, you can construct your spreads.

Five Card Spread

When you get to five-card spreads, you feel ready to delve deeper into the questions you need guidance on. These spreads provide more details about your situation and help you understand *why* you face a problem.

For example, if you extend a three-card Past-Present-Future spread in a cross formation, you will find the fourth card—placed above the second card—telling you about the main reason behind your present situation. The fifth card below the second card will indicate how the situation can unfold. In some ways, it tells you about the best and/or worst-case scenario you might face regarding the situation and gives you a chance to prepare.

Similarly, create a five-card spread in a rectangle, with one card in the middle and the other four in their respective corners. Five-card spreads help you elongate your narrative arc and give it more depth. You can tell a rather detailed story using this spread.

Celtic Cross Spread

The Celtic Cross spread is one of the most detailed spreads in tarot. Because of its detail, it can be helpful in general guidance and in answering more specific questions. This spread contains ten or eleven cards within itself. It discusses our present and current challenges, past and subconscious (to get hidden clues), and the immediate and distant future. It also deals with our hopes and fears, the internal and external influences in our life at present, and the outcome or advice regarding this situation.

How to Begin Your Tarot Journey?

The first thing to remember is that there’s no perfect tarot deck for everyone. Since tarot is a personal journey rather than a quick solution, finding something that speaks to us takes time. Initially, you might want to start with something as simple as *yes or no* cards. However, with time, you’ll likely gain an appreciation for more detailed card spreads. As you explore further, you will realize that different decks can be used in different contexts. You can also conduct readings that incorporate various spreads for different

purposes.

Another thing to keep in mind is that almost every deck comes with a guide. These guides offer direct interpretations of the cards. While most advanced readers consult these guides at some point, they primarily work with their intuition. This is what tarot is about—developing your intuition and understanding the nuance in your readings. Initially, you might get frustrated when you don’t receive clear answers to your questions, but as you advance, you will appreciate the freedom to explore the meanings behind each card.

Also, the results of a reading depend on a lot of factors. The question itself considerably impacts the reading, so it’s essential to set an intention for yourself at the very beginning. Not only that, but the energies of both the reader and the querent determine the outcome of the reading. This is why it's important to remember that the cards and their placement in the spread comprise only one aspect of the process.

The third thing to keep in mind is related to reversed tarot cards. Usually, tarot cards feature a single image in an upright position. When these cards are shuffled, you might find yourself with a card in the reversed position. As a beginner, it’s advisable to ignore the significance of these reversed cards so you don’t get confused. Many advanced readers also tend to do the same, reading everything upright and drawing inferences from them.

For those who do work with reversed cards, there are a few interpretations of the same. Some people believe that the card signifies an actual reversal. In other words, whatever the upright card stands for, the reversed card represents its opposite situation. Others believe that such cards are present to tell us about our blocks, insecurities, and challenges. For example, you might get a card that signifies love or abundance, but the reversed card might tell you something keeps you from enjoying all the benefits. Sometimes, you might be reluctant to do the needed work. Certain decks also carry guides regarding the reversed cards.

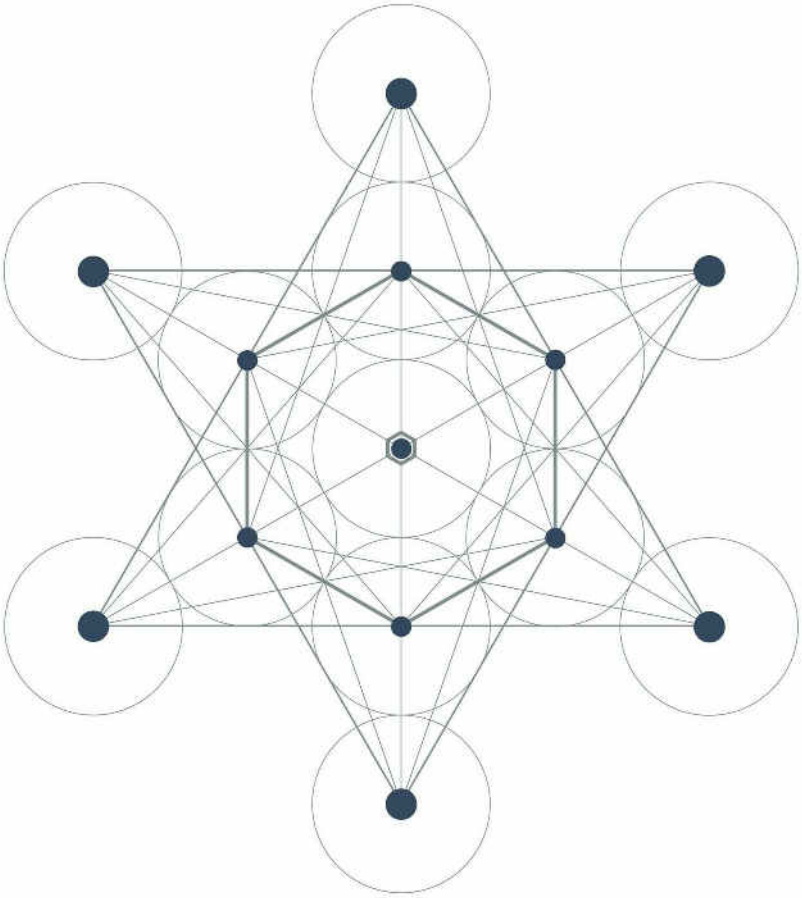
The most important thing to remember is that this journey leads to personal insight and a deeper connection to the Divine within us. As with all the sacred geometry, each of these patterns and numbers leads you to yourself.

Chapter 5: Patterns in Nature

Why do most ancient cultures and religions treat nature not only as a proof of God but also as a manifestation of Divine energy? All of us can agree that spending time in nature gives us much-needed relief in these difficult times. Whenever we feel overwhelmed, we're advised to go out and take a walk in a park or a forest. For those lucky enough to live in a place full of natural beauty, nature regularly acts as medicine and salvation.

However, sacred geometry tells us that nature is one of the easiest yet most profound ways of connecting with the Divine. In this chapter, we'll look into the signs and synchronicities around us and learn to commune with nature for our mental, physical, and spiritual development.

Metatron's Cube



In a previous chapter, we discussed creation and sacred geometry through the Seed of Life, Egg of Life, and Flower of Life. In this chapter, we'll discuss the Fruit of Life. This symbol comprises 13 interconnected circles (or spheres). Found within the Flower of Life symbol, this forms the basis of Metatron's Cube.

In a later chapter, we'll be discussing the five Platonic Solids. Metatron's Cube is a symbol that contains each of these solids within itself. This makes this symbol a vehicle of creation. Metatron is also supposed to be an archangel or someone responsible for creation on Earth. Since Metatron is seen as an architect, you can see how it's responsible for threading consciousness throughout the physical world.

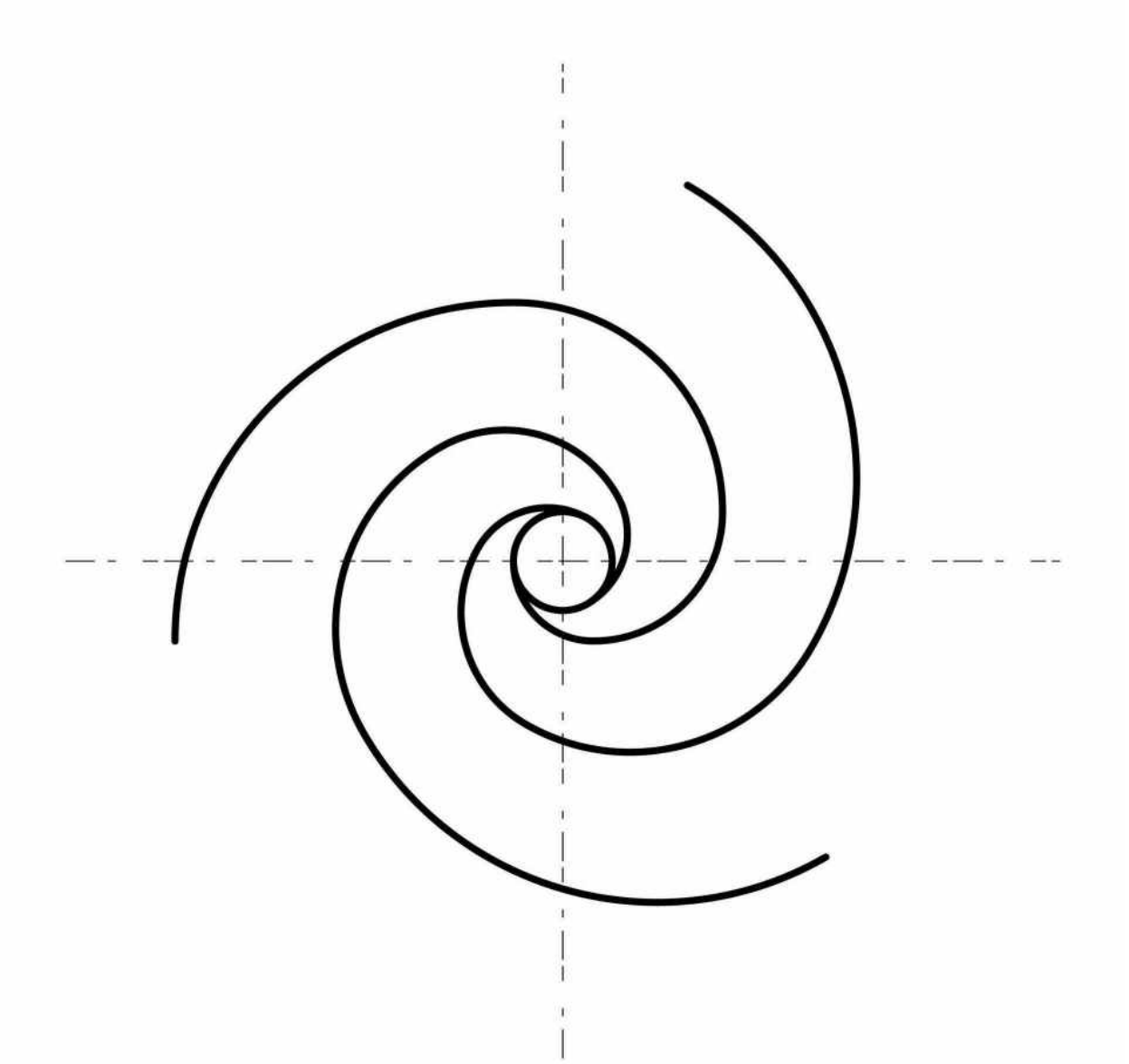
We learn many lessons when we draw parallels between this symbol and the fruits we find in nature. For one, we learn how nature sustains itself;

everything is essentially cyclical. Just as the Flower of Life symbol contains the Fruit of Life symbol, we can imagine how the flower comes before the fruit in nature. Everything that withers or is destroyed serves as the basis for the next stage of the process. When a tree is pruned, or a flower dies, it only helps to propagate new life. This death is essential to life.

When we think about how plants propagate naturally, we appreciate how intelligent they are. While they cannot move to find a suitable location for their seeds, they use their fruits as vehicles. The fruits carry seeds within themselves, which means that whenever human beings or animals eat these fruits, they drop or plant the seeds in a way that new and healthy plants are born.

There’s a lesson there for all of us. This process makes us question whether there are any true restrictions in nature. Everything, even the lack of movement, is compensated for. Life doesn’t stop moving at any cost. Fruits highlight the importance of effort and growth. They are the results of care and labor, two things our society tends to devalue the most.

The Spiral



One of the most common patterns that one can see in nature is the spiral. This is an extremely powerful and transformative shape. It’s also deeply connected to the Divine Feminine, thought to be represented in all of nature. As I’ve said before, this is not a coincidence.

A spiral is believed to signify rebirth, fertility, and creation. Not only that but it’s also connected to the feminine traits of the intuitive and subconscious mind. A lot of what we see in the world around us is man-made. While earlier cultures took special care in constructing things according to the laws of nature, most of those principles seem outdated today. This is why many

things in our world seem contrived or forced. When you contrast this with how everything exists in nature, there's a rare flow and ease. I don't mean that these patterns are rare; I simply mean that this pure, unrestrained energy has vanished from our lives. Spirals represent this raw energy that is not found in the mechanical world.

Spirals are not only symbolic of change, but they also emphasize how nature works in cycles. These cycles affect us heavily and form the basis for natural life and regeneration. When we see these cycles repeated in nature, we see change as a positive and necessary thing in our lives. In elemental terms, spirals are seen as symbols for water. This makes sense on many levels. For one, water is a feminine element deeply connected to our intuition. It's also a life-giving element that isn't fixed; it changes shape according to the vessel that holds it, it's fresh when it moves, and there are ripples created in water that signify propagation.

When we observe a spiral, we see how the shape contains progressive circles. A spiral is seen as a method of reaching the divine in steps. This is a belief that resonates with ancient Kabbalah teachings, as well as in schools of magic. There's a reason that the word spiral is so close to the word spirit in etymological terms. The word spiral comes from the Latin *spiralis* or *spira*, and the Greek *speira*, both of which mean *coil*. At the same time, it is derived from the Latin *spirare*, which means *breathe*. The word spirit comes from the Latin *spiritus*, which means breath, and *spirare*, which means breathe. Thus, the spiral is a symbol of life as well as the spiritual world. Many people believe that the spiral represents the fifth element, which is known as quintessence or spirit.

Lastly, the spiral perfectly fits a shape that connects the macrocosm to the microcosm. After all, this shape can be seen in the smallest shell or flower and considerable galaxies in the Universe. If we need proof that the exact blueprint of creation manifests through nature, the spiral is the answer.

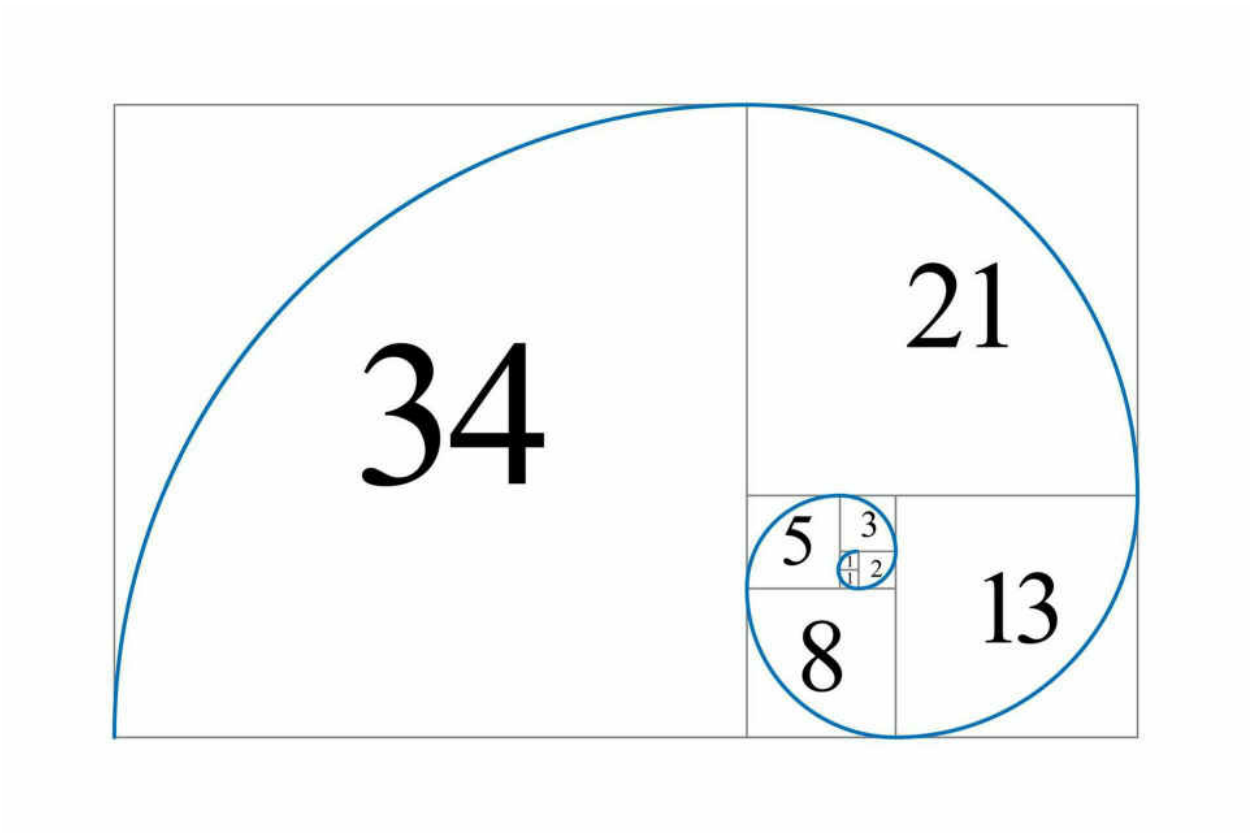
Kinds of Spiral

When discussing creation, we need to look at the different shapes and patterns that are formed and how they are created. When we look at the different stages of sacred geometry shapes, such as the Seed of Life or the

Flower of Life, we notice that the spheres are added successively in the form of a linear spiral. To understand this better, look at a towel or rope that has been neatly coiled, or better, do it yourself. You will notice that the spiral it makes progresses similarly to sequences 1, 2, 3, 4, and so on. This is known as the Archimedean spiral.

In contrast, is the golden spiral, the most common type of spiral found in nature. Here, the sequence that is followed is known as the Fibonacci sequence.

Golden Mean



Remember our discussion on the interconnectedness that is found in nature? One of the great lessons that nature teaches us is that there's no discrimination in the Creator's eyes. It doesn't matter if you see a snowflake or a galaxy. You will likely be seeing the same pattern manifested everywhere. Not only that, but the relationship between a shell and a galaxy is the same as that between a small shell and a giant shell. Does this seem

impossible? This is where Phi, or the golden ratio, comes into play.

The value of Phi is 1.618, and it's based on the Fibonacci sequence that forms the basis for the golden spiral. A Fibonacci sequence is formed when the first two numbers are added to form the third number, which becomes a part of this pattern. The sequence is as follows: 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, and so on. Think of a line divided into two parts: a longer part called A and a shorter part called B.

When the ratio of A:B equals the ratio of (A+B): A, this ratio is known as the golden mean. When you draw anything using this ratio, not only is it aesthetically pleasing, but it's also a part of sacred geometry in nature.

Fractals in Nature

In 1982, mathematician and polymath Benoit Mandelbrot published a book known as *The Fractal Geometry of Nature*. In this book, he coined the term *fractal*, which is a geometric shape that can be split in such a way as to form smaller shapes that resemble it. This pattern infinitely repeats itself, creating many such similar shapes. Based on this concept, Mandelbrot also discovered the Mandelbrot Set, a set of values that can be programmed to give us such patterns through iteration.

Why is this relevant to our discussion? Because, as the book title suggests, these patterns are abundant in nature. Some of the most common examples of such fractals are as follows:

- Flowers—Most flowers bloom as fractals. When flowers branch out to form smaller parts identical to the original flower, they manifest fractal design in nature. An especially interesting example is the Romanesco broccoli, an edible flower bud from Italy. The same principle applies to trees, as they branch out to form smaller plants that are a replica (or a close approximation) of the original.
- River deltas—When we look at how rivers branch off into their tributaries in delta ecosystems, we can see another clear example of how fractals are everywhere.

- Spirals—It should come as no surprise that spirals everywhere in nature are a special case of fractal geometry. Each successive progression of the spiral replicates the one before it.
- Snowflakes—Some of the most beautiful examples of fractals in nature are snowflakes. As fragile as they are, they all carry the same unique pattern.

Examples of the Golden Spiral in Nature

Since spirals are so abundant in nature, we need to discuss some examples where they manifest perfectly.

Plant Growth

The Fibonacci sequence governs most plants in nature in how their seeds are arranged, and their leaves are spaced. Not only that, but even the number of flower petals seems to follow this rule. This was realized mainly and documented by the Scottish botanist Robert Simson.

Looking at most plants from above, we can see their leaves form an outward spiral while growing. This is done so that even the smallest bud or leaf receives adequate water and sunlight and doesn't get overshadowed by those above it or more prominent than it. Isn't that a beautiful example of sharing resources? Regarding seed and petal arrangement, we only have to look at sunflowers and pine cones to understand how they are shaped according to the golden spiral.

Another exciting aspect of this sacred design can be seen in the number of petals in different flowers. When you look at flowers like trillium, irises, or lilies, they will contain three petals. Flowers such as primrose and buttercup have five petals. Delphiniums and bloodroots contain eight petals, whereas chrysanthemums contain 13. As you can see, this sequence follows the Fibonacci sequence very diligently. Moreover, 144 is the maximum number of petals in flowers. Regarding the Fibonacci sequence, 144 is the limit for most other patterns.

Seashells

Seashells are a perfect example of how the golden spiral is followed in nature. One of the most striking examples is the nautilus shell, which is beautiful and helps in growth and protection. The structure symbolizes how nature grows amidst restrictions and how nothing ever goes to waste.

When a nautilus first forms, it has four chambers in the shell. A wall seals the older chamber as it moves and grows, and the nautilus resides in the next most prominent space. In this way, it forms an outward spiral containing up to 30 chambers. The older chambers are filled with gas to help the nautilus float on the ocean. Conversely, when the nautilus wants to dive, these chambers are filled with water. This is a perfect example of balance and harmony in nature. This outward spiral is formed following the golden mean.

Peacock Feathers

Bird feathers can also conform to the golden ratio. One of the most beautiful examples is in peacock feathers, where both fractions of the feathers spiral in a way that follows the golden mean.

The Structure of DNA

The human DNA has a structure known as the Double Helix. This structure is formed from regular polygons, and both the helices form a spiral that follows the golden ratio.

Admittedly, these are only some ways that spirals manifest in nature. While listing them all here is impossible, this exercise should make you more aware of the magic present before you each day. You only have to look around to notice patterns that otherwise escape you.

Why is It Beneficial to Observe Sacred Geometry in Nature?

Throughout this chapter, you have seen enough examples of how sacred geometry affects the natural world. We are part of this natural world, even though we sometimes forget this. The vibrations carried by plants, animals, and elements like air and water are the same vibrations that lie dormant

within us. When we spend more time in nature, we awaken our souls to these frequencies. We're convinced everything is profoundly connected when we see the same patterns everywhere. We have the power to affect nature in much the same way that nature has the power to affect us. This is a mutually beneficial relationship, like most things in the natural world.

Also, when you understand that everything in nature carries a powerful energy, you can use it as a medicinal tool. This is why many spiritual leaders believe we can energize our essential oils, water, and food before consuming or applying them. This increases the potency of whatever we consume and helps rejuvenate us deeper.

As you get closer to nature, you'll observe how the natural world speaks a sacred language. This language is universal, too, for there is an ongoing communication between all living beings, whether we realize it or not. Our ancestors could experience the beauty and poetry of this language, but as their overworked and hassled descendants, we've forgotten most of it. Once we reacquaint ourselves with the sacred geometry of nature, we will relearn this essential language. This language is the basis for spiritual growth and transformation.

When we think about our material world, we owe much more to these natural patterns than we might like to believe. One of the examples of this is biomimicry, a method that replicates natural designs and processes to create systems for this world. Think about fractals, which have inspired many practical designs for our world. How these patterns work in nature gives us clues for our mechanical world. Now, isn't that something to be thankful for?

Nature inspires awe within us. Awe is a fascinating emotional state where we experience wonder, respect, and even fear (in some cases) simultaneously. Think about the most awe-inspiring sights you might have witnessed in your life. There's a good chance that large mountains, huge oceans, and vast fields come to mind. Also, even otherwise scary scenarios like volcanoes and tornadoes might inspire awe. Even in the calmest conditions, one cannot help but wonder at the force of nature.

Why is it essential to experience awe? Most of us suffer from stress, anxiety, and exhaustion regularly. While we want to rest and enjoy life, we barely have time to breathe on most days. When we manage to go on vacation, we

feel relaxed and happy. However, this happiness is short-lived because we tend to forget most of what we've experienced in the daily grind of life. According to psychologists, the solution is to experience these moments of awe more regularly, even if it's only for short intervals. As you might have guessed, simple things like walking in the park or standing barefoot on grass in the early morning can help us experience awe. The same goes for observing fractals and other sacred geometric patterns in nature. Since these are so aesthetically pleasing to us, even a few moments spent in their daily presence can profoundly impact us.

The thing with nature is that even in the same scene, you might notice something new and different each day. You only have to pay attention, and the wonders hidden in your mundane life will open up to you.

Chapter 6: Symphony of Sacred Geometry

We live in a world drowning in noise. Not only is it impossible to find peace and silence in most spaces, but it’s also difficult to sit in silence for even short periods. At an instinctive level, we know that the sounds around us affect our mental, spiritual, and even physical health. For example, when we’ve been in traffic for hours before we get home, we find ourselves highly exhausted, and noise pollution is at least partly to blame.

Similarly, when someone shouts at us, we feel triggered and insecure. Too much noise at night interferes with our quality of sleep. However, there is more to the story. For one, most of us adjust to the noise levels around us after a while. This is necessary to maintain our sanity, but it’s also concerning. Why become numb to traffic sounds if we get stuck in traffic frequently? Why can some people listen to the sounds of trains or airplanes if they live near the station or airport? Why are some of us extremely sensitive to the smallest increase in sound levels around us, while others remain blissfully unaware even amidst a loud ruckus? This is because we have become mainly desensitized to sound. This might be a survival tactic, but it can cause much damage in the long run.

Secondly, how do we account for how energy relates to different sounds? Why is it that a particular piece of music profoundly affects us while another might not resonate with us? Why do we respond to a specific tone in a person’s voice even if they might be speaking in a friendly manner? Why does listening to certain sounds, whether in nature or through different media, calm and soothe us?

This chapter puts sounds, vibrations, and music front and center. It’s time that we honor the connection between sound and sacred geometry and use this connection to make our lives beautiful.

The Connection Between Sound and Sacred Geometry

The first thing to understand is that the connection between sound and sacred geometry is not a discovery. If anything, we've lost ancient civilizations' immense treasure trove of knowledge regarding this. The Sumerians were the first to believe that sound was connected to sacred shapes. It's believed that this civilization gave birth to written language and one of the first mathematical systems. The people believed that whatever information they needed was conveyed to them by the Divine. While it's unclear in what form this communication took place, this theory of a connection between mathematics and sound (or vibration) holds promise.

Another exciting aspect of this connection is related to the Greek philosopher Pythagoras. He was interested in how mathematics applied to music, and this interest deepened when he realized that splitting a string in half has the effect of doubling its pitch. This led him to create the Pythagoras scale, which formed the basis for music as we know it today.

The Secret of 432 Hz

This scale also led him to 432, but he wasn't wholly aware of its significance during that time. It's believed that, in ancient times, 432 Hz was the frequency of choice for anyone trying to make music. It's believed to have been a part of many ancient religions and cultures. For example, ancient Greek and Egyptian instruments were tuned to this frequency. Not only that, but even Tibetan singing bowls, which have recently seen a resurgence, also seem to work best at this frequency. It's also believed that great composers like Mozart and Verdi understood the importance of 432 Hz in making great music.

In 1926, all of this changed abruptly when the frequency for music was shifted to 440 Hz. There doesn't seem to be a logical reason for this change. It's mostly seen as an arbitrary decision taken to standardize the frequency used by the music industry. However, many artists, philosophers, and research institutes believe this was a grave mistake.

For example, according to the Schiller Institute, 432 Hz is the pitch known as the *philosophical pitch* or *scientific pitch*. Johannes Kepler, a German astronomer, mathematician, and music writer, believed that the scientific pitch was the only frequency that followed the sacred ratio. Remember the

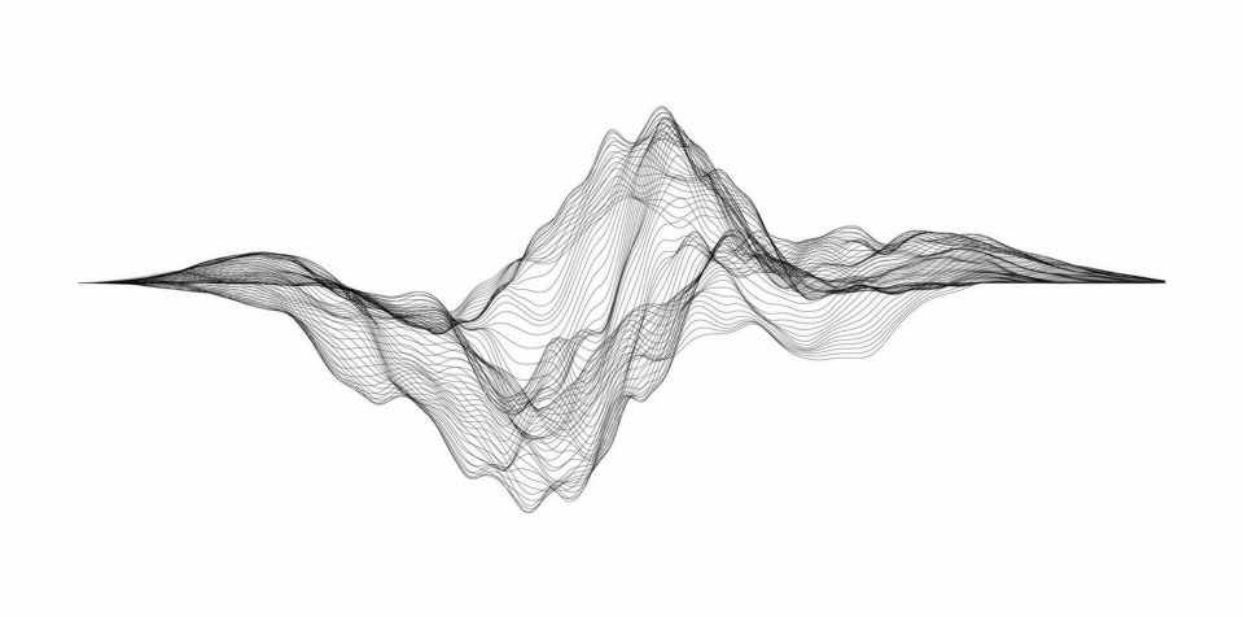
sacred (golden) ratio discussed in the last chapter? It turns out that it affects music as well. This shouldn't surprise those who understand how deeply music is connected to sacred geometry.

Are there any unique benefits to listening or making music at this frequency? Turns out, there are. For one, this music is supposed to be connected to the Divine Source, which helps expand our consciousness. This frequency is also said to affect our heart chakra, which means it can help to cleanse and align this chakra and remove any blockages that might be present. Since this is the frequency of the Universe, it is exceptionally soothing and healing in nature. People who have listened to music at this frequency believe it sounds more concordant than that played at 440 Hz. This frequency can touch the soul because it profoundly connects to everything sacred and humming with Divine energy.

Pythagoras truly believed that the Universe had been created through a sound or vibration that was the basis of everything—from plants to galaxies.

Many other cultures believe that the Universe thrums with a vibratory energy that is more intense than we can ever comprehend. While this energy is everywhere, we aren't always conscious of its impact on our daily lives.

Sound Made Visible



We already know that different shapes affect sound. However, it's becoming increasingly clear that different sound waves can be visualized through different shapes and patterns. This physical manifestation of sound into geometry is known as *cymatics*. One of the examples of music becoming a powerful and sacred shape is known as the chromatic ring scale. This scale tells us where different musical instruments share frequencies, which can be used to create healing and uplifting music. It's also believed that the sine and cosine wave components can form a dual ring, a two-dimensional version of the double torus, which is also a sacred shape. This transformation subject can affect how sound is used for meditation, healing, and art.

Vibrational Energy and Water

By now, you must have understood that every living being, down to their last cell, is filled with a vibrational energy. This energy affects our overall health. Now, what if I told you that water is also affected by this energy? We know that water is a part of nature and sustains life. Not only is the presence of water crucial to life on Earth, but our bodies are almost 70% water. The amount of water we drink, as well as its purity, has a direct impact on our health. What about the energy of water?

While many ancient societies also held this belief, Masaru Emoto was the first to bring it to mainstream Western audiences. In his pathbreaking (and controversial) book called *The Hidden Messages in Water*—published in 2004—he propounded the idea that water has a memory of its own and that its molecular structure was impacted by human consciousness and emotions.

He conducted an experiment that showed the difference it made in water's molecular arrangement when confronted with positive, neutral, and negative messages or emotions. As far-fetched as this sounds to some of us, we all know that words have power. Why are we told to say out loud what we want for ourselves? Why are positive affirmations seen as a powerful method of manifestation? Why are we encouraged to be gentle and kind with ourselves when feeling down instead of going down a rabbit hole of self-loathing?

Words also carry the same frequencies that connect to the Divine Consciousness. When we say something negative about ourselves or others, the damage we do to our souls is more profound than we think. This is why most ancient cultures treasured silence and measured speech on the path to spirituality. If you have the power to create your destiny based on what you say (and hear), you need to be more careful about the sounds you allow to enter your consciousness.

Healing Through Sound

Now that we know how sound profoundly affects us, we can use this knowledge to heal ourselves. Just as discordant sounds can create havoc on our mental, physical, and spiritual health, beautiful and harmonious sounds can help us heal and feel more energetic.

When we talk about using sound to heal, we have a few avenues open to us:

- Breathing—Our breaths carry intense energy in the form of vibrations. Since breathing is involuntary, we hardly notice the energy exchange during this activity. When we start breathing slowly (without using excessive force), we become aware of our life force—known as Chi or Prana—that flows through our body. As we slowly inhale and exhale, we exchange the negative energy

within us for the positive energy we want to experience.

- Mantra meditation—In various ancient practices, mantra meditation is also known as *japa*, which refers to the repetitive chanting of a sacred name or mantra. In some religions, this would mean taking the name of a Divine Being. In Hinduism, there is a practice of using *beej mantras* for this purpose. It's believed that the Divine Consciousness expresses itself through these mantras. The word *beej* stands for seed in Sanskrit, which signifies that these sounds are the basis for all creation. These mantras are said to reverberate with the sound of the Divine, which is why they are considered extremely powerful. It's important to mention here that these mantras are not to be spoken carelessly or without proper guidance about their pronunciation. This is proof that each sound is treated with the reverence it deserves. You can always create affirmations even if you don't have a particular spiritual mantra.

- Finding and using your unique voice—When we use the power of words to express ourselves clearly and effectively, we heal our relationship with ourselves. Just as our thoughts profoundly impact our destiny, so do our words. It takes a long time to find our authentic selves, but if we can tune in to our inner voice, we get one step closer to living the life we deserve. This comes back to balancing the throat chakra, which we've discussed in an earlier chapter.

- Healing through instruments—Before we discuss healing through instruments, let's discuss whether we can heal ourselves by gentle humming or singing. Yes, we can. However, when we use specific instruments, we amplify the positive effects of harmonious sounds on our subconscious mind. One of these instruments is singing bowls (also known as Himalayan or Tibetan singing bowls), which produce a deep and resonant frequency when hit by a gong. In the immediate moment of being struck, these bowls have a calming effect on the listeners. Also, since the sound is deep, it grabs our attention and helps us focus. The effects are not merely mental or spiritual but also physical. With prolonged use, these bowls might stabilize our blood pressure, strengthen our immune system, and

improve our sleep patterns. Another exciting aspect of using singing bowls is their effect on the environment. Whether you're the healer or the person needing healing, you will be affected positively.

- Nada Yoga—In the Hindu tradition of yoga, sound is treated as powerful and sacred at the same time. *Nada* yoga, which means *union through sound*, is based on the belief that our entire Universe is made up of vibrations. These vibrations are known as *nadas* and can heal us mentally, physically, and spiritually. Nada yoga classifies sound as internal (*anahata*) or external (*ahata*). Do you remember the *Anahata* (heart) chakra we discussed in a previous chapter? The subtle sound our heart chakra produces has a profound healing effect on us. The exciting thing is that instead of using silence to calm our minds and listen to our inner voice, we use external sounds. At the beginning of this practice, the practitioner is encouraged to sit comfortably and concentrate on an external piece of beautiful instrumental music. This music is carefully chosen to help activate the heart chakra and listen to our inner sounds. With time, those inner sounds will become more prominent than the outer ones, at which point the external music can be turned down. These internal vibrations are directly connected to your body's energy centers and thus have an enormous impact on you.

It's time to heal our relationship with sound and ourselves in the process.

Chapter 7: Sacred Design

Why is it that when you enter a space, you automatically feel calmer and happier? Why do some spaces give off negative vibes? Why do people pay attention to how their homes are designed? Why are location and orientation important when keeping objects in specific spaces? How do you determine if a space is good for you or not?

This chapter will explain the link between sacred geometry, design, and energy.

Energy and Design

The energy we seek through our spiritual journey is that of the Divine Source. This energy can be tapped through sacred geometry in various forms. We've already discussed that different shapes carry different energies in the form of shape waves. These frequencies affect us when we interact with them. The same goes for different sacred sites. If these sites are formed using the principles of sacred geometry, they will emanate an energy field that can affect anyone in their proximity. Similarly, imbuing particular objects with different energies is possible based on their design and our intentions.

This is an excellent time to discuss how the individual plays a role in this relationship. We know these affect us when we think of sites like temples, mosques, or ancient sacred structures. However, the intensity of this effect can differ from person to person. Also, some people might not experience any of the effects associated with these sites. This is because each of us carries the exact blueprint in these sites. When our consciousness is unawakened, we might not benefit from the energy that flows through these sites. In the same way, if we have worked hard to cleanse our energies, we will be more resistant to any negative influences that particular objects or places might have on us.

When it comes to proportions, the same design principles apply here as they do in nature and our bodies. When architects create spaces (or designers create objects) that are aesthetically pleasing and functional and reverberate with sacred energy, they use the golden mean as their guiding principle.

Creating a Sacred Space

Since buildings have a specific energy signature of their own, it's crucial to design them in such a way that they emanate a positive aura. After all, our homes are where we spend most of our time. This is where we take refuge from the outside world, spend time with ourselves and our loved ones, and nurture our energies. Where would we go if we don't feel comfortable in our own homes?

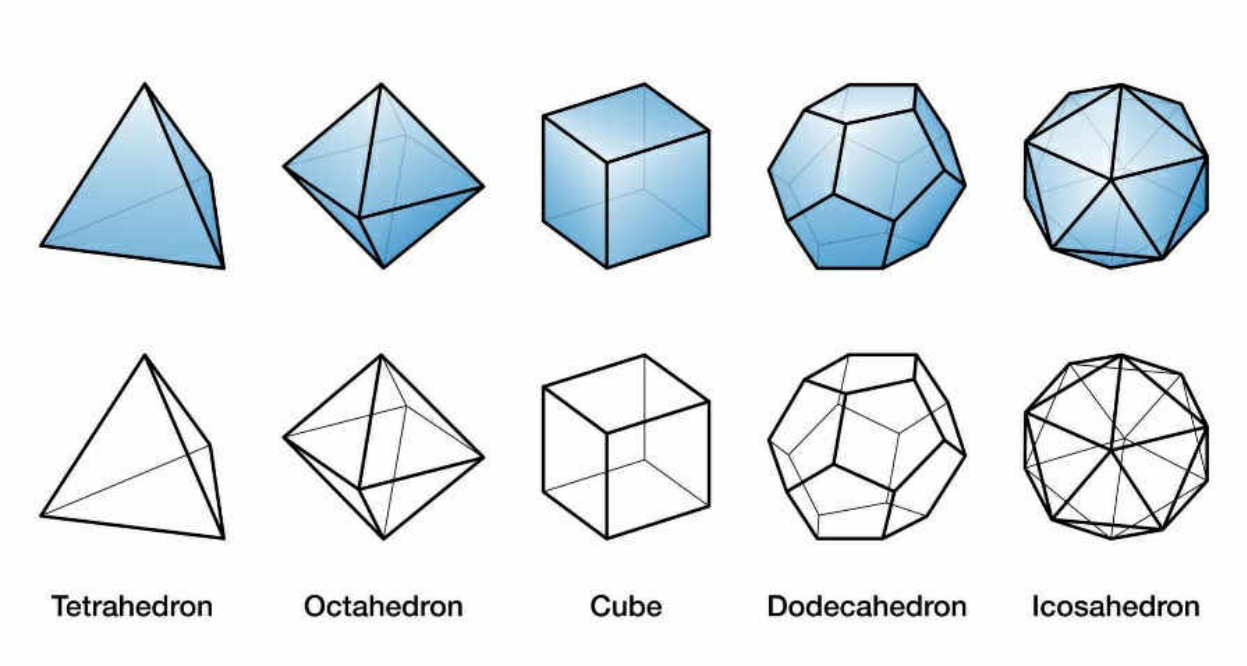
The workplace is another space where most of us spend much time. Of course, this has changed a bit since the Covid-19 pandemic. Many of us have

found our home and workspace uncomfortably bleed into each other. The lines have blurred, and that has caused us to become less focused and more hassled at times. For those of us who still have an office to go to, ensuring our space is positively energized is important, as that can directly impact our work and relationships. It’s important to remember that the energy of a space doesn’t depend solely on design; the energy of the people around you will also have a considerable impact.

One of the designs that has become prominent of late is a dome. A dome is not a modern invention. Most ancient monuments, especially those with religious or spiritual significance, had a dome as a part of their structure. However, the significance of this design is only now becoming evident to us. In sacred geometry, a dome most closely resembles the sphere's energy. Since the sphere is the basis for all creation, and the point in its center represents the Divine Consciousness, domes are often seen as great designs for meditation retreats. The most prominent among these is the *geodesic dome*.

The design of these domes is helpful for material purposes since their design makes them capable of handling extremely heavy loads with relative ease. The shape and design are also based on sacred geometry, making these domes great for homes. The dome gives a sense of space and protection at the same time. It has a womb-like structure, which can make one feel secure inside it. Since the design is also stable, it can also help ground us. In this way, we find ourselves in a space that connects us to the spiritual and physical worlds.

The Platonic Solids



No discussion of design and architecture can be complete without the five Platonic Solids. These are the only three-dimensional figures whose faces are identical, regular polygons that meet at the same 3D angles, making them perfectly symmetrical. This is why Plato believed that the symmetry and elegance of these shapes make them the *building blocks* of the Universe. Also, each of these solids is connected to a particular element. The five solids are:

- tetrahedron
- cube or hexahedron
- octahedron
- dodecahedron
- icosahedron

Let's discuss them in detail and understand how they can be used to improve our energies.

Tetrahedron

This solid, also known as the triangular pyramid, has four faces (each a

triangle), four vertices, and six edges. Represented by the fire element, this solid affects our solar plexus chakra. Since our solar plexus chakra is directly related to our feelings of self-worth and confidence, the tetrahedron can be a source of personal power and self-awareness. It can also help us become more energetic and motivated.

Another exciting aspect of this solid is that each side is flat, no matter how you look. This makes it a symbol of stability and balance, creating harmony between the physical and spiritual worlds.

How should we use it in our lives? Since it’s simultaneously a symbol of passion and self-awareness, it presents us with a unique opportunity to attain mastery over ourselves. Our power over ourselves can lead us to create or manifest anything we want.

Cube

The hexahedron cube is a solid with six faces, eight edges, and 12 vertices. Each of the identical faces is a square. This square brings an element of grounding to the entire structure, making it highly relevant in practical and material matters. The element represented by the cube is earth, and it affects our root chakra.

Since the root chakra is concerned with practical and financial matters and providing us security and psychological safety, the cube's grounding effect is reinforced.

This pattern can be used when we need to feel more connected with nature or the Earth. Doing so helps ease our minds, decreases physical stress, and makes us feel one with the world around us. If you have trouble focusing or find your energy scattered, use a cube to bring you back to attention. We can only use our imagination to create something extraordinary when firmly grounded.

Octahedron

This solid comprises eight faces, six vertices, and 12 edges. This solid is

formed when two pyramids with square bases are connected through their bases. These eight faces are all triangles. The octahedron represents the air element and is linked to our heart chakra.

Since the heart chakra has to do with love, compassion, and healing, this solid helps us to develop a healthier bond with ourselves and others. We should use this solid to heal past wounds, open our hearts to love and kindness, and establish a caring relationship with ourselves. Not only that, but this solid requires balancing different forces to rest in space.

This figure also allows for deep self-reflection, paving the path to spiritual enlightenment. According to some beliefs, the figure stands for the *eight paths to enlightenment*.

If you're struggling to forgive someone (or yourself), want to be more empathetic towards others, or want to connect to a Higher Consciousness, this is your solid choice. The unique blend of the air element (which influences our intelligence, imagination, and communication) and the heart chakra (which makes us loving and empathetic) creates an ideal scenario for those seeking to connect with themselves at a deeper level and understand their true nature.

Dodecahedron

The dodecahedron is formed when 12 faces (each shaped like a pentagon), 20 vertices, and 30 edges come together. The element represented by this solid is ether, which signifies heavens or space. In terms of the chakras, this solid is linked to all the higher chakras—throat, third eye, and crown.

It's believed that you can strengthen your senses (the five physical, spiritual, and energetic ones) through this pattern. This is an excellent tool for attaining spiritual enlightenment and moving closer to the Divine Source. The 12 faces of this solid are seen as the 12 faces of the Divine within us. When we use this shape to meditate, we find it much easier to ascend and connect with the spiritual plane.

We're multidimensional beings, and we usually remain aware of this fact on this physical plane. This solid reminds us of our true nature and allows us to exist in different realities at the same time.

Icosahedron

We get an icosahedron when five identical triangles meet to form 20 faces, 12 vertices, and 30 edges. Since its element is water and linked to our sacral chakra, this solid is crucial for anyone who wants to hone their creative process. Anyone who has tried to create something understands how terrifying and challenging the process can be.

For one, most people involved in a creative endeavor find themselves in a vicious cycle where they doubt their potential, suffer from the dreaded *imposter syndrome*, and have trouble being productive. What's more, the anxiety to create something and the paradox of perfection keep them from actually doing what needs to be done. We procrastinate till we cannot anymore and often find ourselves in a rut.

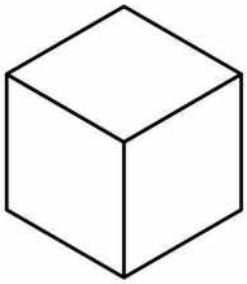
Creating something should be an invitation for joy and playfulness. However, most people find themselves unable to tap into their creative potential. These emotional blockages that prevent us from channeling our creativity can be cleared using an icosahedron.

Since water is a feminine element and one related to flow and regeneration, it helps us heal our emotions and become more confident in our creative prowess. For most creatives, a state of flow is a highly aspirational state to be in. In 1988, psychologist Mihaly Csikszentmihalyi published *Optimal Experience: Psychological Studies of Flow in Consciousness*. In this book, he talked about a state of happiness that can be reached when we experience flow—meaning that we find ourselves highly focused on and engaged with the task.

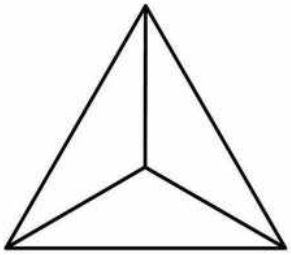
We are so engrossed with our work that time stops to matter, and we receive pleasure as part of the process. Meditating with the icosahedron can help achieve this state of flow. It encourages us to stop limiting ourselves and surrender to expressing ourselves fully.

It's clear that all designs hold energy, and some of them are sacred. When we know the potential these objects, structures, and places hold for us, we finally begin creating space for our true selves.

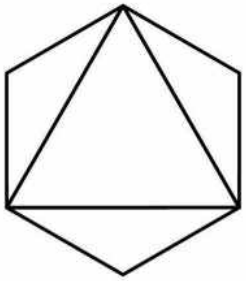
Cube



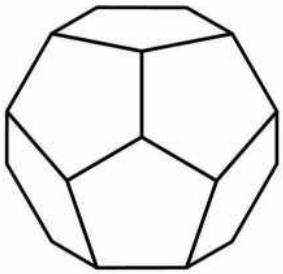
Tetrahedron



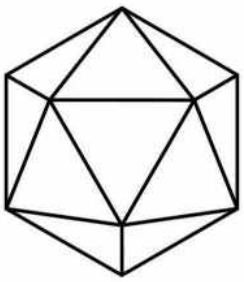
Octahedron



Dodecahedron



Icosahedron



Chapter 8: Meditating Through Sacred Geometry

In recent years, meditation has become mainstream. An ancient spiritual practice of Hindu and Buddhist traditions, meditation is now sought after by people in the West. This is understandable. As our days become more hectic and unpredictable, we face more stress than ever. The events of the world won't help in easing our anxiety. Most of us have relied exclusively on medicines or therapy to get us through these difficult times.

However, these solutions aren't available to everyone, and they can also be limiting in their impact on some people. This is why a large section of the population, including the medical community, wants to make meditation and mindfulness a part of their daily routines. Numerous scientific studies espouse the benefits of these techniques in our daily lives.

That being said, many people still have concerns related to meditation. Most believe it takes a particular spiritual or religious environment to meditate. We connect this practice to religion, which is a limiting belief. Secondly, meditation requires hours staring into the void to reap its benefits. While it's true that many advanced practitioners can achieve incredible meditation feats, you don't need to start there. In fact, with meditation, even a little goes a long way. As long as you regularly practice and understand the techniques employed, you will gain confidence and insight faster than you think.

The third primary concern most spiritual leaders echo is that people don't understand the energies and patterns of power meditation. As with yoga, many of these techniques have been adopted without really getting into the details of energy and sacred geometry. Spiritual leaders believe that meditation done without this basis becomes highly limited in its scope and can even be harmful in some cases.

Since this book is about using sacred geometry to power our lives, let's try understanding meditation from this crucial lens.

The Benefits of Sacred Geometry in Meditation

Before we begin, let’s understand what meditation is. Simply put, meditation is a practice in which you train your mind to focus on a particular thought, object, or emotion without judgment. It helps you become aware of yourself, shows you your true nature, and provides a path to connect with the Divine.

Meditation isn’t simply used as a tool for spiritual enhancement. It has immense practical applications in our daily lives. Not only does it help ease stress and anxiety, but it also helps regulate our blood pressure, heart rate, and immune system. Many people believe that it helps ease chronic pain and prevents inflammation. Since it can be used to treat addiction disorders, it has a long-term impact on our physical and mental health as well.

Now that we know what meditation is let’s understand how sacred geometry helps in the process.

We’ve seen how spaces and sites can become consecrated using the principles of sacred geometry and energy. The same goes for the human body, mind, and spirit. Just as energy can revitalize a particular space, so too can it affect our consciousness. When we meditate in a particular space built, keeping the principles of sacred geometry in mind, we’re already in a state of elevated consciousness. This is why choosing the right environment for meditation is extremely important. While we might not be able to access meditation retreats in sacred spiritual sites, we can make our space more conducive to meditation (more on this later).

Why are specific sites so beneficial for reaching a meditative state? Let’s look at pyramids and domes often constructed at these meditation retreats. These structures are built using the principles of sacred geometry. For example, the Buddha Maitreya Pyramid at Pyramid Valley, Bangalore (India), has been constructed in this manner. The square base is a symbol of stability. Many practitioners believe that it’s vital to achieve a level of grounding before we start accessing higher states of consciousness. Also, the faces of the pyramid have been built using the golden ratio (for the angles). Even the images that adorn the faces of the pyramid aren’t random. Each of the four faces is painted with symbols representing the four elements—air, water, earth, and fire.

The most critical place in this pyramid is the King’s chamber, which is a spot where most of the energy is concentrated. This spot is placed in the center of

the pyramid and is raised to a level that is one-third the height of the structure. The fifth element represents the space inside the pyramid—ether—the element of space and consciousness.

Anyone who needs to understand the impact of sacred geometry on meditation must meditate both outside and inside the structure. Since the energies are concentrated within the structure, achieving a meditative state takes a fraction of the outside time.

This is only one of many examples that tell us how sacred structures dictate our meditative experience.

When we meditate as beginners, we're usually told to focus on an object we prefer. We can also concentrate on our breaths, but most of us find that difficult in the early stages. We are also asked to visualize a space or scenario that brings us calm. While these images can help us focus, it's much more helpful to gaze at patterns that follow the laws of sacred geometry. Why is that? Well, these patterns are direct paths to the Divine Consciousness, right? Why focus on a relatively random object when you can focus on energies on a pattern that reverberates with the Divine Energy?

Admittedly, this can be difficult in the beginning. When faced with the intricate and complex patterns before us, we can find it difficult to concentrate on them. What's more, we might even feel overwhelmed as beginners. This, however, is to be expected. When our minds—used to logic and mostly linear thinking—are confronted with these maze-like patterns, it shines a spotlight on our limitations. This isn't bad because only when we know what limits us can we transcend those boundaries and become our true selves.

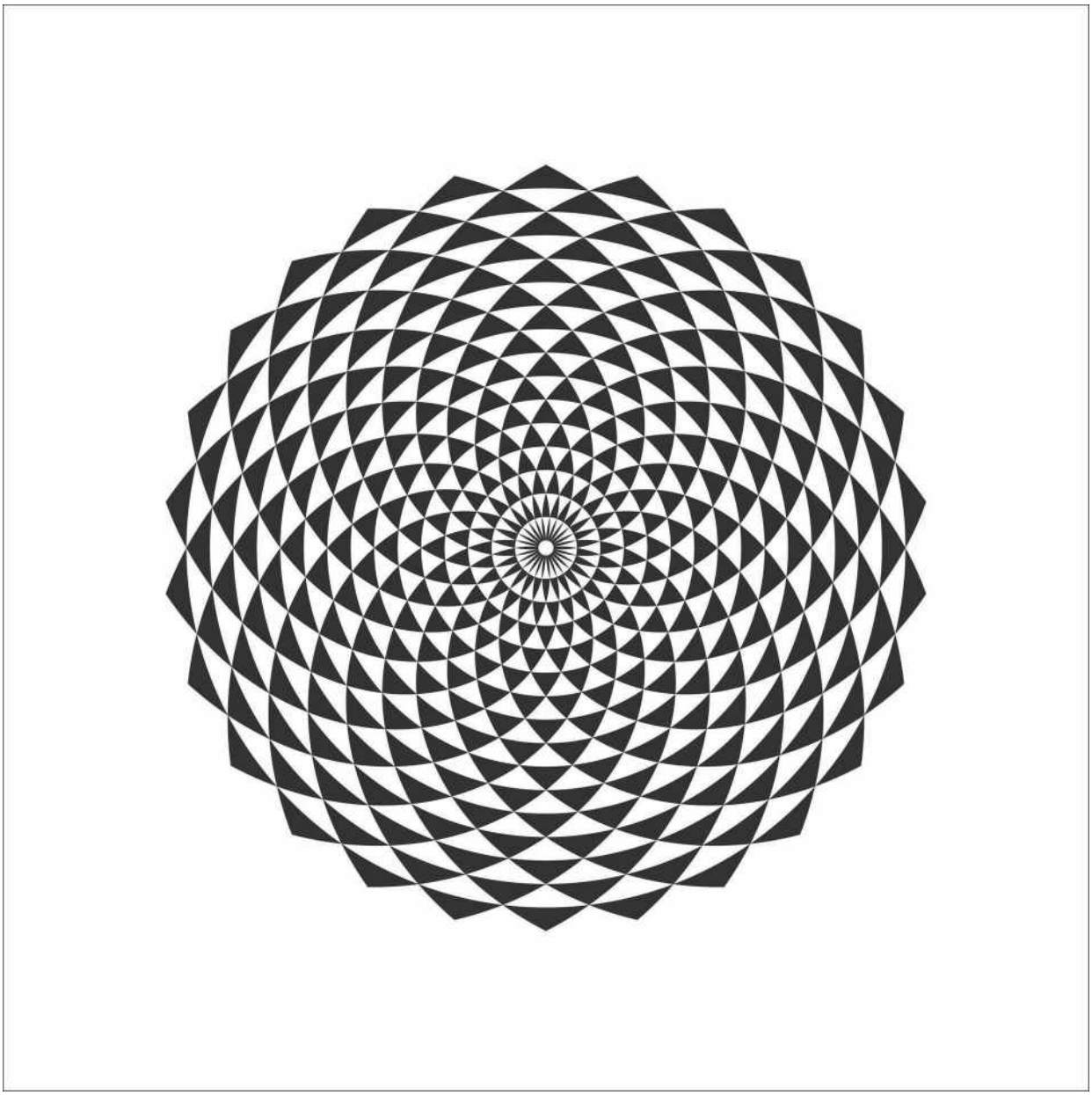
When we think of meditation, we might feel that it's a practice that deals primarily with energy and intuition. If we're always used to thinking rationally, we might begin to resist this practice. This is why most people struggle to stay engaged during meditation. However, with sacred geometry, there is a balance between the left-thinking and right-thinking brain. What does this mean? Well, these patterns employ mathematical precision and logic to be created. They aren't random in any way and are imbued with the deep wisdom of the Creator. When we focus on these patterns, we engage our logical mind while also being drawn to the deeper hidden meanings behind

them.

Using Sacred Geometry for Meditation

While experienced practitioners use a variety of methods to tap into the transformative powers of meditation, there are a few concepts that you can use as a beginner. Don’t get me wrong; these techniques aren’t weaker than any other. They are the basis for more advanced techniques and are extremely powerful.

Meditating on a Point



One of the struggles most people face is difficulty focusing solely on their breath. Even when given specific mantras to recite, they might be unable to keep their minds from wandering. After all, distractedly chanting mantras cannot benefit us and often does more harm than good. Why is this the case? And, can anything be done about it?

Turns out, the answer lies in the ancient science of sacred geometry. According to Hindu Yogic rituals, there's a way to combine sound power (through mantras) with geometry (through *yantras*). A yantra is a geometric shape with a point or dot in its center. The point is enclosed within a triangle,

circle, or other energetically significant shape.

Why is Yantra meditation so powerful? We must understand how Hindu yogic thought looks at the point to answer that. It's believed that all of us arise from Pure Consciousness. This is when the Divine is in an invisible, unmanifested state. We aren't separate from the Divine, but as we begin our lives on Earth, we must move towards a more physical, manifested state of consciousness. Anything that has ever been created was once a part of the Divine Source.

It's also believed that we're always linked to the Divine Consciousness, even if we're hardly ever aware of it. A wave is said to lead us from the Source to our states of awareness. You might be wondering how *the point* features in all this. Well, it is through this point that we can travel back to the Divine Source.

The path has always existed; we only need to walk on it again. This is why focusing on a single point is essential for our spiritual ascension. Once you start meditating on this point, you will find getting in touch with your higher self easier. This is the path to mastering your senses and meeting your true self.

You can use the same principles for those who want to combine this practice with mantra meditation. Here, the mantra is the energy or Consciousness you seek to manifest. Therefore, you can think of the exact instant when this mantra comes into focus. You can visualize the mantra coming into view as a point that then radiates light. If you want to use water as your visual guide, the mantra can become a bubble and radiate outwards in ripples. When you visually focus on your mantra, you combine both techniques into a powerful one.

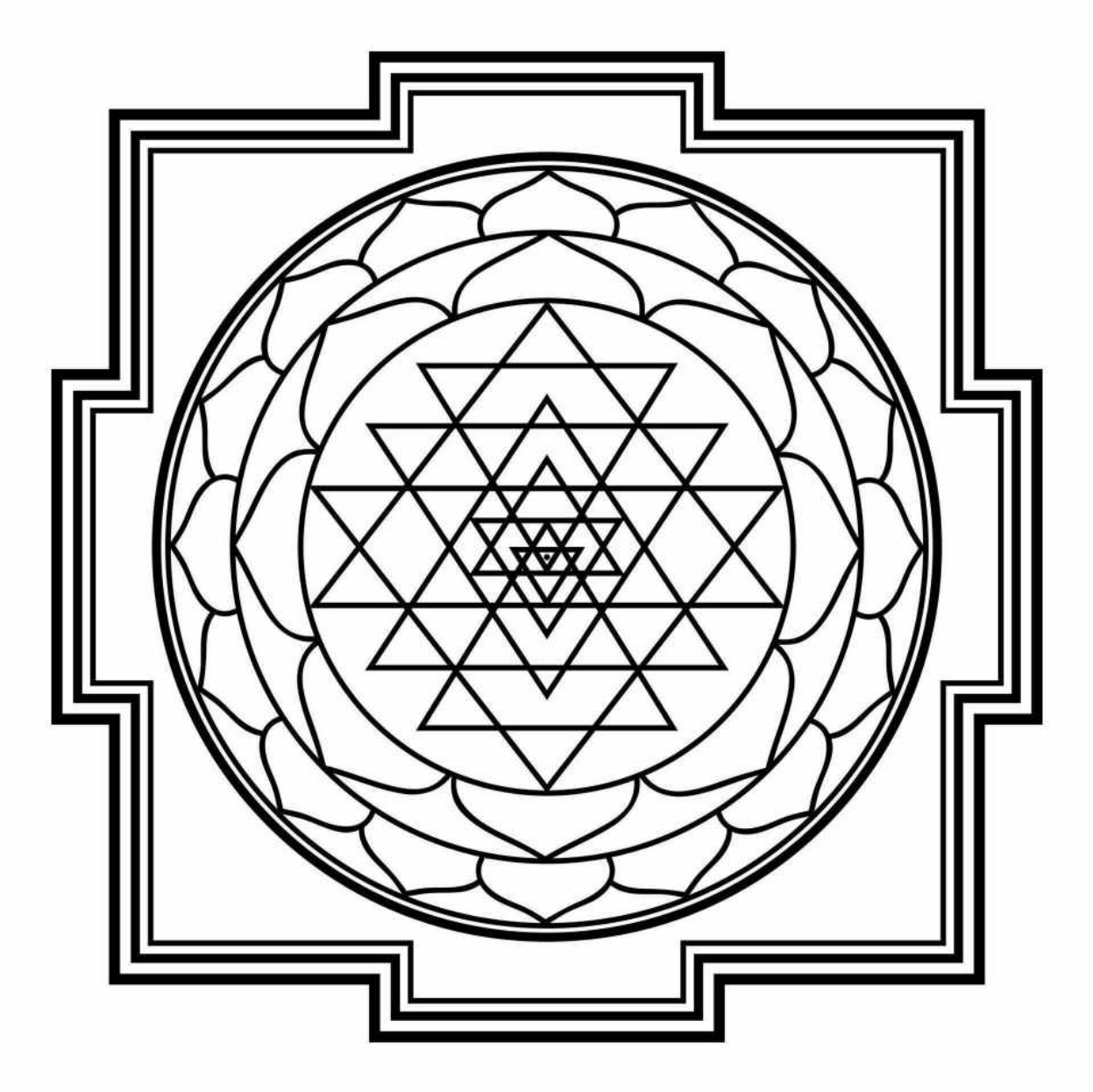
Meditating Through Our Bodies

Our bodies have the same frequencies found in various sacred geometric shapes. What about the shape of our body? Can our body serve as a sacred geometric shape in itself? More importantly, can we use this knowledge to elevate our consciousness? The answer to both these questions is a resounding yes.

Let’s begin with the spine. The spinal cord is a highly vital part of the body. Not only does it provide us stability and strength, but it is critical for the functioning of all other parts of the body. Since it sends signals from the body to the brain and vice versa, it’s impossible to overstate its significance for our overall health. Any damage to the spine can be extremely dangerous. However, what does this have to do with sacred geometry?

Our spine is representative of pure consciousness in the form of *a shaft of light*. While we cannot see Divine Consciousness, it’s believed that the closest we come to it is in the form of pure light that has no beginning or end. Things become more apparent when we think of our spine and the concepts of subtle bodies and chakras. After all, isn’t our subtle body situated on the spine? Don’t our chakras lie on different points along the spine? Most importantly, when discussing the crown chakra opening, we usually visualize it as a thousand-petaled lotus blossoming to let pure light pass through. This is the moment when our consciousness merges with that of the Divine.

This connection has the potential to transform our relationship with meditation truly. This is why we’re told to sit straight while meditating (without arching our spine too much). When our spine is straight, it’s akin to the shaft of light we seek. This is also why chakra healing can be so beneficial when done visually. Since we know the colors associated with each chakra and can also give visual shapes or patterns, we can cleanse and open these chakras to bring us closer to the Elevated Consciousness. This is even more pertinent in the case of the top three chakras—throat, third eye, and crown.



The second aspect of seeing our bodies as instruments of sacred geometry and meditation is through the geometry of the Yantra. One of the most potent shapes for meditation is known as the *Sri Yantra*. In Sanskrit, the word Sri stands for God or the Supreme Being, and yantra represents a vehicle. Thought of it this way: the Sri Yantra is a vehicle for Divine Consciousness.

In terms of geometry, it's a two-dimensional representation of a 3D figure of nine interlocking triangles. Four of these triangles are upward facing, the rest are downward facing, and there is a point in the center.

We began the discussion of sacred geometry with the triangle. It's only fitting that we connect the triangle to our sacred bodies. Triangles stand for trinities, which usually signify powerful and sacred combinations of three energies in various forms. The past, present, and future form a trinity. So do the mind, body, and spirit. Another essential trinity is related to *gunas* (Sanskrit for qualities or characteristics). These three *gunas* are said to form the basis for our physical reality.

These three gunas are *tamas* (darkness), *rajas* (motion), and *sattva* (light). These three qualities form different versions of physical and mental reality when interacting. Our personality is based on how these *gunas* interact within us. For example, if our internal energetic state can be derived from rajas, our mind is represented by sattva, and our body is based on tamas.

What we eat or drink, how well we sleep, and how the elements of nature affect us, all of this affects and is affected by these *gunas*. For example, if you have a sattvic personality, you will possess a calm and balanced disposition. If you're rajasic, you will have a fiery temperament and might be prone to excessive bouts of anger and passion. As a Rajasic personality, you will tend to be lazy. This affects our body shape as well. This is why certain foods and exercises are recommended based on our *gunas*.

Now, let's understand how these qualities are linked to the triangle. Firstly, *Shakti* (Divine Feminine) is known as the manifestation of pure creative energy. Within her, each of these three gunas is contained. *On the other hand, Shiva (Divine Masculine)* is Pure Consciousness. These two are inherently one; one does not exist without the other. When we think of our relationship with the Divine, our consciousness isn't different from the Divine Consciousness. When we place a point within a triangle, it's believed we're placing Shiva within Shakti. This is the embodiment of pure joy and love.

We've already understood that an upward-facing triangle signifies masculine energy, whereas a downward-facing one signifies feminine energy. One is about aspiring to a Higher Consciousness, while the other is about grace and creativity. In the Sri Yantra, the four upright triangles embody Shiva, whereas the five inverted ones are Shakti.

Remember our discussion on sound and sacred geometry? According to Hindu and Tibetan thought, the sound of all creation is manifested in the

word *Om*. The Sri Yantra is supposed to be the geometric representation of this word. You can imagine the power associated with this connection.

We believe we can unlock our latent potential by focusing on the point in a Sri Yantra or learning to draw the figure. You might be astounded to know that our body is the most physical manifestation of the Sri Yantra.

When you sit in a meditative posture, you are usually sitting cross-legged with your knees touching the floor. The base of your spine and your knees form the base of this structure, while the rest of your body acts as the triangular shape of the yantra. Sometimes, you can visualize your body as a tetrahedron, another sacred shape useful for meditation.

Mandala

Another critical visual tool that can help immensely in meditation is the *mandala*. These geometric diagrams consist of different kinds of sacred geometric figures and symbols in a repetitive fashion. While most mandalas are circular or square-shaped, you can create your diagrams as you get more comfortable in this practice. Of course, each shape, line, or pattern has immense spiritual significance. You will also notice many powerful symbols like the Flower of Life incorporated in creating mandalas.

In Sanskrit, the word *mandala* means center. When you look closely at a mandala, you will sense that each pattern emanates from the center. It looks something like a flower blossoming outward. This center is the Consciousness from which we've emerged, and it's the basis for everything in this world. We also see the connection between sacred geometry and sound here, for mandalas are seen as the visual representation of mantras.

While mandalas traditionally belong to Buddhist, Taoist, and Hindu cultures, they have also started becoming popular in the West. For one, the images themselves are incredibly pleasing to look at, and that's supposed to have a calming effect on the person who views them. Secondly, influential philosophers, psychoanalysts, and thinkers like Carl Jung have given credence to the symbolism of these diagrams.

According to Jung, if we visualize ourselves (the Source) as the mandala's center, we can draw parallels between ourselves and the mandalas. He

believed that we should not only gaze at mandalas to feel a sense of calm within us but also learn to draw these powerful symbols. When we draw them, we will connect to the Divine Being and experience an elevated state of existence. Since these symbols are therapeutic, they are also used as tools in meditation and psychotherapy. Some people believe that meditating inside a mandala can help us feel secure as well as elevated at the same time.

Yantra Meditation

The most potent meditations that we can do use a combination of our body (as an instrument), light (as a visual cue), and a mantra (as an auditory cue). This helps us to create a focused meditative practice where we use all our senses to reach the Divine.

In this meditation, we first orient our body to become an adequate vehicle for Divine Energy to flow through it. Keep your spine straight (without arching it backward), and sit cross-legged on the floor. If you have difficulty doing this initially, you can sit however you like, but imagine yourself as a triangle or tetrahedron.

Now, close your eyes and keep your body as relaxed as possible. Remember, there's no need for the use of force in this process. Everything you need is already within you. During the first stage, you need to bring awareness to your breath. Again, don't be forceful with your breath; focus on inhalation and exhalation. Imagine your body being cleansed of all negativity and toxicity with each breath you take. Think of this as the purification of the vehicle.

This might take some time. Once you can steadily focus on your breath, you can add the energy of vibrations through mantras. This can include monosyllabic vibrations such as *Om*, or those with two syllables to accompany the intake and expulsion of breath. One of the most potent mantra meditations includes the phrase *so hum*, which translates to *I am That*. Using this mantra, we align ourselves with the Universe and identify with all forms of creation simultaneously.

You can inhale to the sound of so and exhale to that of hum. Once you're

comfortable with that, we move on to the next stage of this practice. We're ready to move our awareness to our spine (the shaft of light) at this stage. Start by focusing on the third-eye chakra, and exhale slowly down the base of the spine to the sound of hum. Then, inhale to the sound of so as you move your focus to the crown chakra. When you do this for some time, you should start visualizing your breath traveling like a thread of light through your spine. You are now beginning to get closer to the Divine Consciousness you seek.

Remember that the ultimate path between this physical and the spiritual world is through a point. So, the last stage of our meditation will focus on that point. For this, all your attention should be focused on the third eye chakra located between your eyebrows. Here, we use the sound of *so hum* to help concentrate our consciousness to a point. Here, we use this mantra as the auditory representation of the point.

While the process itself isn't complicated, it might take a while for you to get used to this practice. This is simply because of our scattered attention. Be patient; you will soon start enjoying this meditative practice and its effects on your physical and spiritual well-being.

Lastly, when we talk of the sacred geometry of our body, we cannot forget the importance of movement. Not only does our body provide visual and auditory cues, but it also helps channel the Divine Energy through various yoga *asanas* and *mudras*. While asanas refer to the posture of our bodies (usually while practicing yoga), mudras represent the gestures made by our hands. Both help our bodies evoke different geometric shapes and energies that help in our transformation.

Mudras are sometimes called the *Sacred Geometry of the Hands* because the fingers and palms help the spiritual energy flow into our bodies. While yoga is seen as an effective means to enhance physical fitness, fewer people see it as a means to spiritual enlightenment. When these poses are executed with sacred geometry and energy in mind, we become extremely sensitive to the energies within us and those around us.

While we won't go into detail about yoga in this book, you should try to learn more about the principles of sacred geometry behind it.

Chapter 9: The Magic of Sacred Geometry

Since immemorial, ancient cultures have been harnessing the power of sacred geometry to create magic (literally). We've become less attuned to these energies and their potential with time. This chapter will briefly discuss how magic and sacred geometry are related.

Elements of Nature

Throughout this book, we have referenced the various elements in nature. We've also seen how essential these elements are in our physical and spiritual lives. Let's discuss them briefly in this section. Most people believe nature has five main elements—fire, air, water, earth, and ether.

These five elements are the basis for everything else in the Universe. Not only do these elements exist around us, but they're also within us in the form of energy. When discussing a fiery personality, we refer to someone extraordinarily passionate and intense. Such people can be exceptional leaders because they have the energy to transform situations and people. However, they can also be prone to anger, lust, and other extreme forms of passion.

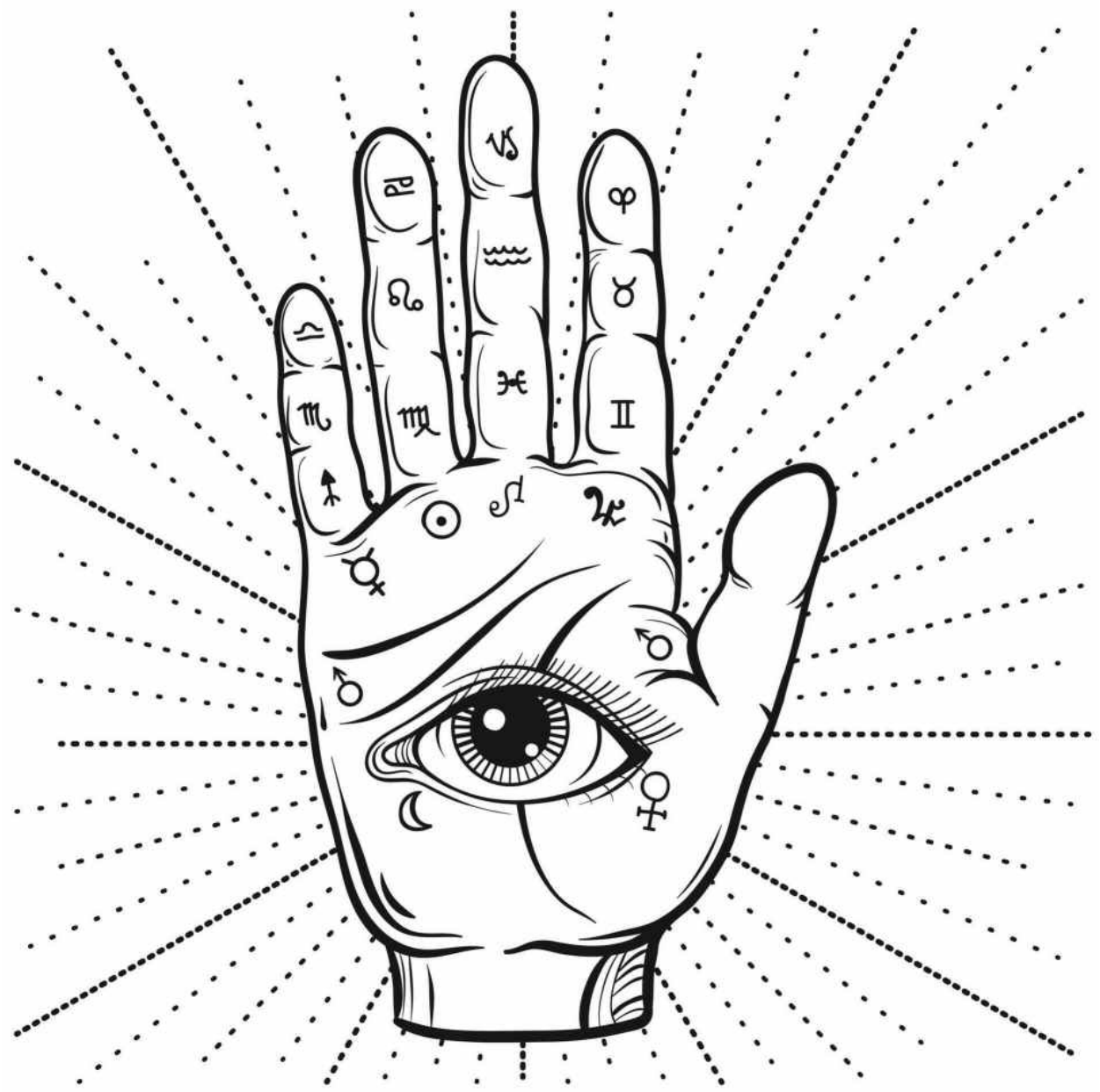
An airy personality is more of a thinker. This person will usually be extremely intelligent and sociable. They can also be great communicators. However, such people can also seem detached and cold, often unable to form meaningful connections with others. Even if they're not unemotional, they can seem to struggle with over-displays of emotion.

When we talk of people with more water in their personalities, we see emotional, compassionate, intuitive, and highly creative individuals. These people are usually connected to their spiritual side more than others. That being said, their emotions can sometimes get the better of them. They can also be deeply contemplative, so getting them present can be a struggle. These people can also suffer from indecision.

Those with a predominance of the earth element tend to be grounded, stable, and reliable. They're extremely practical and enjoy material comforts. At the same time, they seek comfort in personal relationships. While they have many good qualities, they can also be rigid and stubborn. Also, their proclivity for material comforts can go too far as they have trouble connecting with their imaginative and intuitive side. They also tend to get lazy at times.

The thing is, all of us have these elements within us. At a physical level, most of our body is composed of water, then earth, air, and fire. A very small percentage of it is also supposed to be ether. However, in terms of energies, we can have one or more of these that influence the others. While they greatly influence us, they are not set in stone. It's possible to rebalance these energies within us through different forms of meditation, yoga, *pranayama*, and other techniques.

Energy and Magic



All sacred geometry is related to energy, meaning that different shapes can carry different vibrations within them. Most of us think of magic as a supernatural force or something that is beyond this realm. Of course, magic is a spiritual undertaking, but it doesn't have to seem overwhelming or out of reach. If you think of magic in terms of energy manipulation, you'll begin to understand why magicians and spiritualists used sacred geometry as symbols to invoke different spells.

This is also why many religious sites and sites where magical rituals were traditionally performed conformed strictly to sacred geometry rules. This can

include holy altars, modern occult art and architecture, and even magic circles.

Magic Circle

Traditionally, a person who studied magic and knew how to cast spells was called a mage. Mage forms their magic circle based on the knowledge they have acquired and the techniques they have learned over the years. These circles contain different shapes, symbols, and patterns significant to the mage. Think of a magic circle as a unique signature of a mage, which gets activated when a spell is about to be performed. No two magicians can have the same signature because these spells depend on the sacred geometry of patterns that resonate with their energy.

Sacred Groves

These days, more people are understanding the magic that underlies nature. Ancient communities had a particular preference for natural ecosystems. Not only did they understand the immense benefits that can be derived from forests (in the form of healthy and pure air, water, and food), but they also revered these forests. Some communities believed these forests contained deities who helped and cared for them. Some believed certain trees were not merely abodes of deities but manifestations of them.

Keeping these sites holy and caring for them daily was common practice. It was believed that any neglect would lead to the deities getting angry or leaving the sacred sites, thus causing a lot of misfortune to the communities. Today, with environmental issues reaching a climax, many people are awakening to the importance of ecological conservation. Even without the spiritual underpinnings, forests can help us heal our relationship with nature, thus improving our mental, physical, and emotional health.

People also learn to work with trees, plants, and special herbs to invoke spells. These spells can be used for healing and creativity, transforming spaces and filling them with positive energy.

Nature and even music can create different spells that help heal and protect.

One of the reasons that nature can be such a powerful space for magic is that it includes visual and auditory cues for creating spells and soothing our souls.

Crystal Grids

When you expose rocks and other natural elements to different physical, chemical, and environmental conditions, you end up with perfect geometric structures known as crystals. Most crystals follow the same principles of sacred geometry we see in nature or our bodies. For example, quartz is supposed to carry a tetrahedron in its structure, pyrite has a cubic formation, and a garnet has the shape and properties of a dodecahedron. At a deeper level, most of them share the exact blueprint that we do. This is why working with crystals can benefit us at an energetic level.

For one, crystals can be used in chakra healing. Since their vibrations are healing, wearing or holding these crystals can help rebalance our chakras. If we want to give more power to our meditation practices, we can use crystals to form grids. These grids are usually supercharged with energy and provide immense immediate benefits. Some people like to look at these grids or focus on a particular point within them, while others sit inside them to intensify their effects.

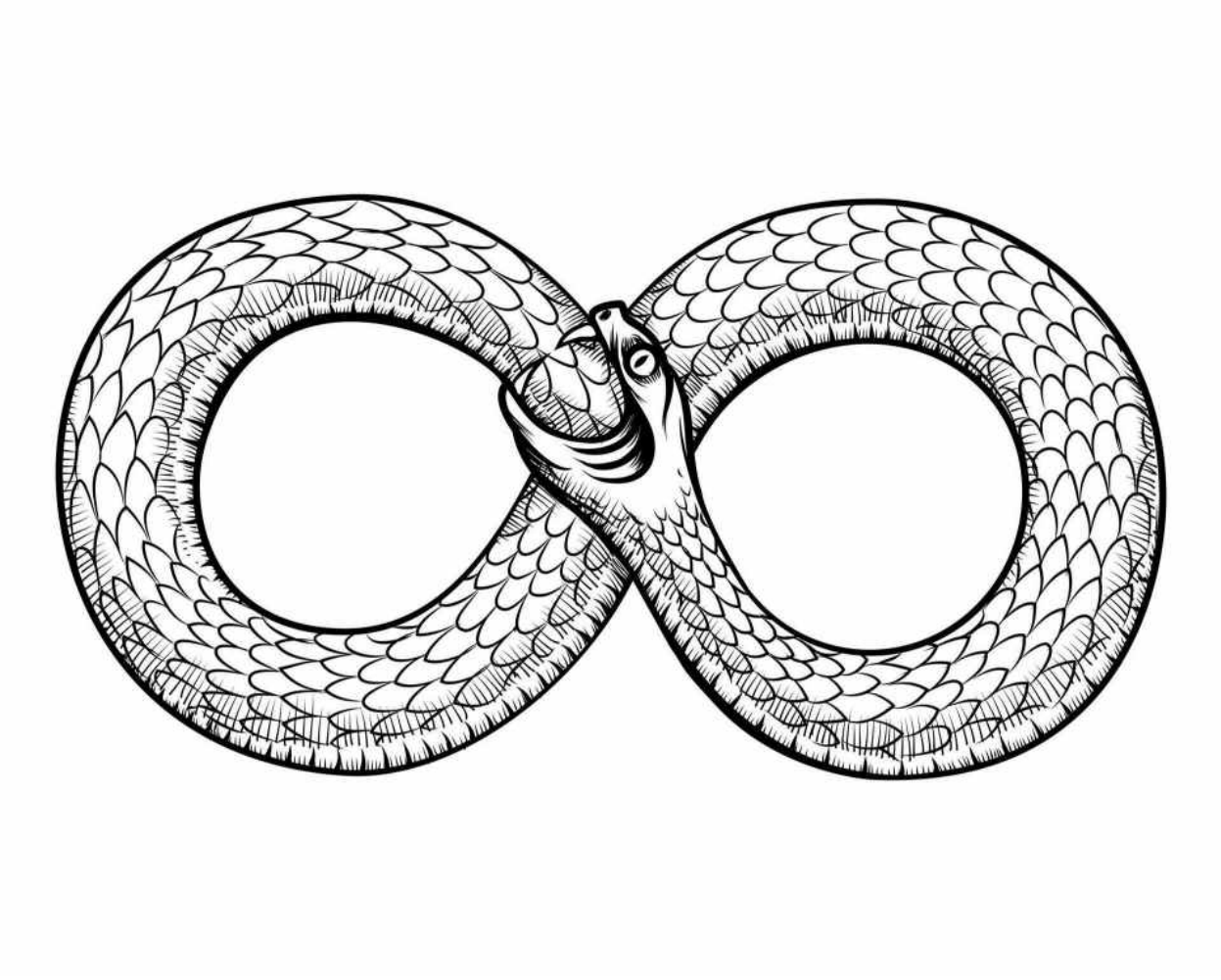
When we create a circle from red stones, we usually want to feel more secure and protected. A triangle grid can help us balance our energies and focus on elevating our consciousness. Similarly, a square grid created with crystals that themselves have solid properties can make us feel more grounded.

Since these grids are immensely powerful, there are some things to remember. Firstly, these grids should usually be created under the supervision of a trusted spiritual leader or lightworker. Some of these grids, like the Merkabah, should not be created alone, especially as a beginner. Always take the help of someone with deep knowledge and understanding of these energies.

Secondly, you might not need to use all the grids. Some grids are relevant to you, while others are not. This is true of any spiritual practice that you undertake. While it can be tempting to try working with energy, there’s a reason that this knowledge is not available so quickly. Even among those

who practice these rituals, there are a lot of rules that need to be followed. It takes a long time to understand how different energies work and interact in different situations and an even longer time to master them. Therefore, overconfidence and misplaced enthusiasm is not your friend when it comes to energy manipulation of any kind.

Conclusion



Let’s admit it: We can all use magic in this world. Things have been difficult for a long time, and the future looks more uncertain. While we must go through the motions to preserve our sanity, nothing excites us. This isn’t just an individual realization; humanity is moving towards a collective consciousness where most people are dissatisfied with their current lives and want from them.

It seems as if we have reached a tipping point as spiritual and physical beings. As challenging as it is, this time is also a time for renewal and regeneration. Most of us ask ourselves whether we’re on the right path and if there’s something we have not yet explored. The Universe seems to be screaming for a do-over. However, the most exciting aspect of this is that, as

we create a new world, we're being directed to the treasures of an older, forgotten world.

So many questions have answers in the ancient traditions and cultures of the world. It's as if we're being awakened to everything that lies dormant within us. Our ancestors were spiritual masters, healers, and magicians. They were one with nature, and while they had more than their fair share of challenges, they were attuned to the language of the Universe.

Now, this language was by no means a secret one. Everyone participated in this delightful conversation between nature, energy, and geometry. People celebrated practices and rituals that helped them get closer to their true selves. Perhaps because they were not technologically advanced, they relied heavily on codes and messages from the Universe. After all, it's said that any sufficiently advanced technology looks like magic. So maybe that's what it was?

This would be a highly simplistic, reductive, and pejorative assessment of this sacred relationship. After all, sacred geometry is an ancient science that depends on mathematical precision to create new realities for ourselves. This science is seen in architecture, design, nature, and our bodies. This means the Creator has used sacred geometry to create this world from His Consciousness.

No wonder these codes and symbols carry much information we can use for ourselves. Whether we look at the use of biomimicry to create sophisticated systems or how energy in design can have a measurable impact on our health, the message is clear—sacred geometry is the energy of the soul, of Divine Consciousness, and of all that makes up our visible and invisible world.

I have written this book to help you understand how you can make your life better in tangible ways using the knowledge of these patterns. In the beginning, you might find yourself getting overwhelmed. The good news is you can approach this knowledge from different directions. When you get started, you will feel a greater pull towards some aspects. For example, as an artist, you might find yourself drawn to the beautiful shapes and patterns used for meditation. As someone is drawn to music, you might be enchanted by the sounds you can sense daily.

Similarly, if you've always felt drawn to nature, this might indicate that you

should spend more time immersing yourself in it. If you’re more logical and practical, I’m sure the different mathematical shapes and proportions will create a sense of wonder. The best thing about this subject is that there is no one way to understand it. I wouldn’t call it a subject at all. This is an experience of a lifetime, an opening up of your senses and a sharpening of your intuition. I can assure you that once you begin, you will be unable to detach yourself from the wonders and beauty of the Universe. It will set you on a path of self-actualization like you’ve never known or expected.

This practice's only possible side effect is that you will begin to notice the magic in everything around and within you. Now, that doesn’t sound so bad, does it?

Before we end, I would like to make a request. If this book has inspired you, I hope you will consider leaving a review on Amazon so that others might find it and begin their transformation journey.

Glossary

- **Celtic cross**: A cross based on the Latin cross with a ring around its intersection, originating in Great Britain, France, and Ireland.
- **Holy Trinity**: A group of symbols or people regarded as sacred or essential in different cultures and schools of thought.
- **Latin cross**: A cross that closely resembles the crucifix, formed by the intersection of a long shaft and a shorter crossbar.
- **Tantric** refers to Tantra, an ancient Hindu and Buddhist school of thought related to specific meditative and spiritual techniques.
- **Taoism**: A religion and a school of thought founded by Lao-tzu in the sixth century B.C.
- **Zen Buddhism**: A Japanese sect of Mahayana Buddhism that uses meditation as one of its main paths to enlightenment.

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